



# Health Corner

## What's Color Blindness?

If your clothes don't match, someone might have teased you about being color-blind. But some people really **are** color-blind. Being color blind does not mean that you see the world in black-and-white, just that it is difficult for you to see the colors red and green.

So though being color-blind can be frustrating at times, it is not a serious problem and does not need to be „treated“.

### **Interesting facts:**

- Color blindness is almost always an inherited trait, which means you get it from your parents.
- Boys are far more likely to be color-blind. In fact, if you know 12 boys, one of them is probably at least a little color-blind. So girls, the next time a boy asks you if something matches, you'd better lend him a hand!

### **Life's frustrations for the color blind:**

- **Traffic lights:** Color-blind people need to learn the position of the colors on traffic lights -- red on top, yellow in the center, green on the bottom. Can be challenging going to a new country where the traffic lights are different!
- **Sunbathing:** Color-blind people need to be especially cautious when enjoying a hot, sunny day – they have a hard time telling when their skin turns shades of red from too much sunlight.
- **Color observation:**
  - a. Understanding others: "Look at those lovely pink flowers on that shrub". A color-blind person would respond, "What pink flowers?"
  - b. Buying & matching clothes
  - c. Identifying colors, crayons or markers in school
  - d. Identifying people by their looks: difficult to distinguish a green-eyed redheaded friend from a blue-eyed brunette friend.
  - e. Cooking food: difficult to see whether a piece of meat is raw or well done.
  - f. Buying food: Many can not tell the difference between green and ripe tomatoes or between ketchup and chocolate syrup.
  - g. Reading maps: e.g. color-coded legends, weather maps