





# Look after your eyes

Action for blind people

Our eyes have a busy and hectic life. Make sure you take care of yours. Use this card when working at your computer. Simply attach it to a wall in the distance and look up at it roughly every 30 minutes. When you do this, you'll decrease eyestrain as your change of focus relaxes the eye muscles. Do this and feel the difference.

## Dos

- Have your eyes tested at least every two years.
- Read and work in good light.
- Make sure that your computer and television screens are sharply focussed.
- Sit at least 30 inches away from your computer screen.

## Don'ts

- Look directly at the sun or stare at any bright or glaring lights.
- Rub your eye to try to remove a foreign object. Try blinking and washing the eye with running water. If that fails, see your doctor.
- Stare or gaze: blink frequently, especially if you wear contact lenses.