



Tips for Protecting Your Vision

1. Have a yearly vision exam by an eye care specialist.
2. Adults and children should wear sunglasses with UVA/B protection whenever working or playing outdoors.
3. Watch for any changes in your vision (flashes/floaters) and see an eye doctor immediately if you do notice any changes.
4. Polycarbonate lenses are recommended for children, protective and sport eyewear. Consult with your eye care provider for an analysis of your eyewear needs.
5. Be cautious when opening chemical containers or using spray bottles for cleaning. Be sure the nozzle is pointed away from you.
6. Don't take chances with your vision! Be sure to see a doctor anytime your eye is injured (ex: black eye).
7. Consult your eye care specialist before using any eye remedies. You could mistreat a condition and cause further harm or you could use a product that is not as effective as the doctor might recommend.
8. Read with good lighting and posture to avoid eye strain. Good posture and ergonomic considerations are also important when using a computer.
9. To further reduce eyestrain, be sure to take brief periodic breaks at least once per hour when reading or using a computer.
10. Do not switch the care system for your contacts without consulting your doctor. Use appropriate hygienic measures with contacts; wash hands before handling, do not share lenses and do not use saliva as a wetting agent as it can cause an infection.