

# Tips For Good Vision & Healthy Eyes

**Ensure proper lighting at home & workplace**



**Limit your screen time.  
Keep eyes lubricated**



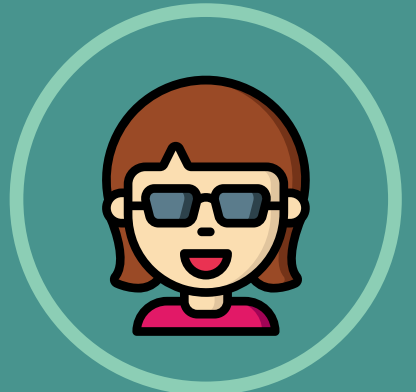
**Follow the 20-20 rule - 20 blinks  
after 20 minutes screen time**



**Wear the right  
prescription glasses**



**Keep eyes clean wear sunglasses**



**Get your eyes examined annually**

