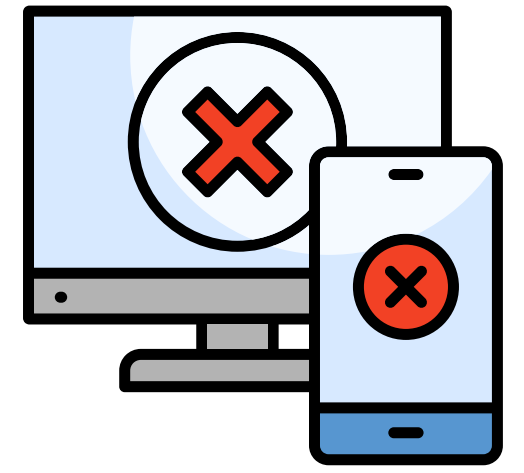


# Good Habits for Better Eyesight

**Limit screen time. Use blue light filters or glasses**



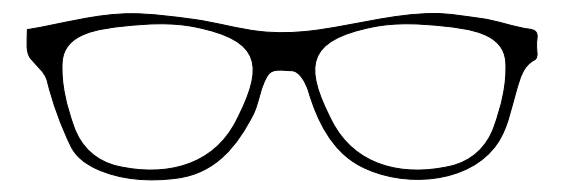
**Ensure proper lighting at home & work, & maintain good posture**



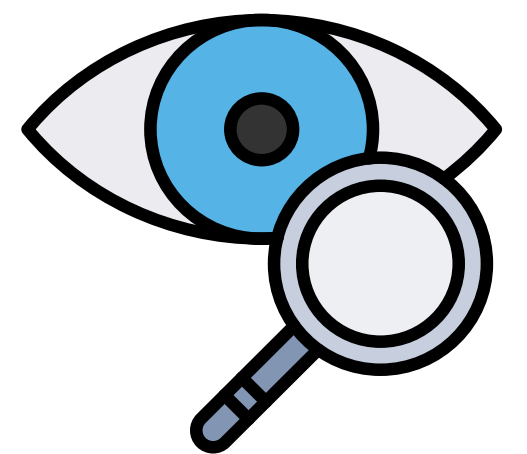
**Follow 20-20-20 rule every 20 minutes, take a 20-second break and look at something that is 20 feet away**



**Wear right prescription glasses & UV-protected sunglasses outdoors**



**Get regular eye examination**



**Get enough sleep, eat healthy & practice good eye hygiene**



**Guard Your Vision- Take Action Before It is too Late**