

# Steps for healthy eyes

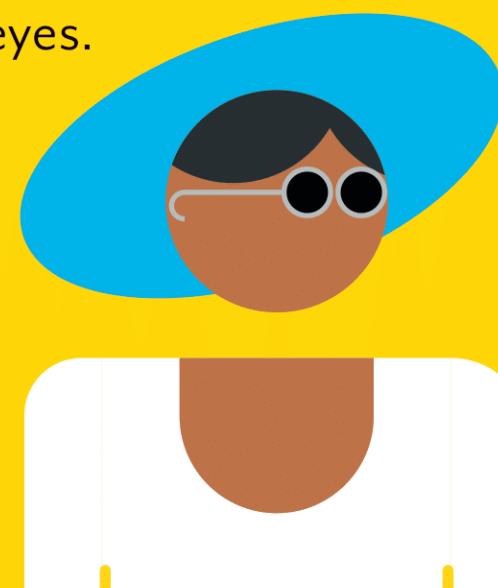
## Have regular eye exams.

Early detection of eye disease can prevent future vision loss.

**H**  
**A V E**  
**R E G U L A R**  
**E Y E E X A M S**

## Wear sunglasses and brimmed hats outdoors

to reduce UV exposure that can damage your eyes.



## Stop smoking.

Smoking increases the risk of eye diseases such as cataracts and macular degeneration.

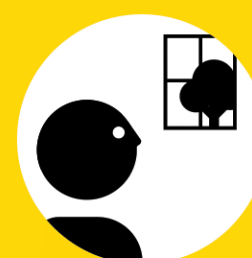


## Avoid eye strain and headaches

Follow the 20-20-20 rule



After  
**20** minutes  
spent using  
a screen



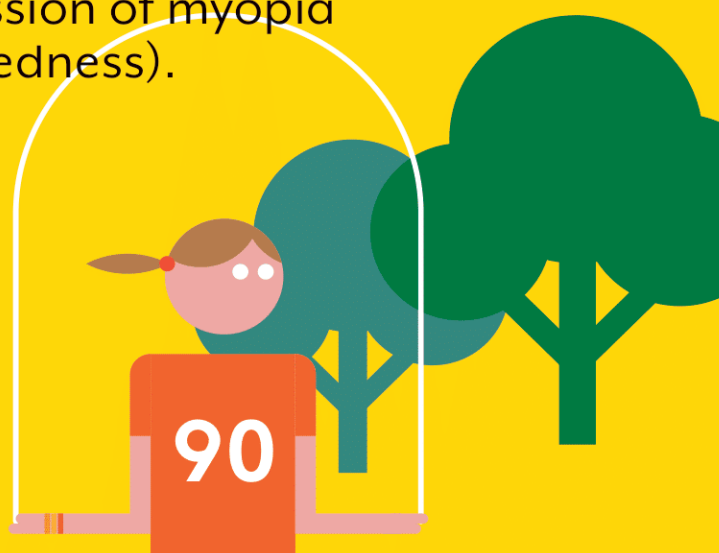
Look at  
an object  
**20** feet (6m)  
away



For at least  
**20** seconds

## Encourage children to spend at least 90 minutes outdoors

to prevent the development and progression of myopia (short-sightedness).



**Wear eye protection** when using tools and chemicals that could damage your eyes such as welding, chemicals, flying metals or wood.

