

HOW TO PROTECT YOURSELF AGAINST **Digital Eye Strain**

Follow the 20-20-20 Rule:

- For every 20 minutes you look at the screen...
- Stop and look at something at least 20 feet away...
- For at least 20 seconds
- Using a timer can help you get in the habit!



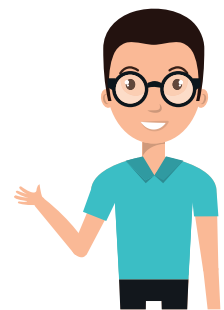
Set up your workstation correctly:

- Sit at a desk or table (with good posture)
- Place screen arms length away
- Center of screen should be at eye level
- Adjust screen brightness and avoid a glare



Incorporate eye exercises into your routine:

- Palming: quickly rub hands together until warm and gently cup your hands over eyes and relax for 20 seconds
- Zooming: focus on your finger while slowly bringing it toward your eyes and then away from your eyes; repeat 5 times
- Slow Blinking: blink your eyes very slowly 10 to 20 times



Sources: American Academy of Ophthalmology & American Optometric Association