

Clean Screen

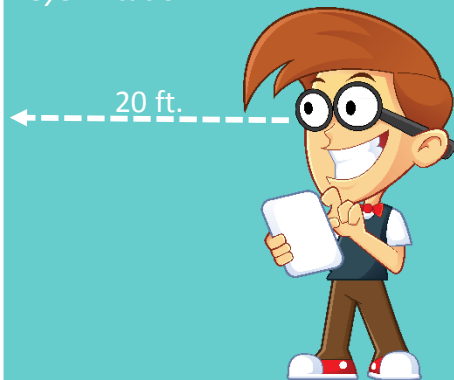
Frequently dust and wipe digital screens to help reduce glare. Dust can decrease screen sharpness and create glare, making the eyes work harder.



Tips for Avoiding Eye Strain When Using Computers

Take Rest Breaks

Limit the amount of time you spend at the computer without a break. Every 20 minutes, take a 20-second break and look at something 20 feet away. This will minimize the development of eye focusing problems and eye irritation.



Remember!

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Use Appropriate Position and Posture

Position your tablet or computer monitor slightly below eye level, and about 18 to 28 inches away from the face.



Reduce Glare

Reduce reflected glare on the tablet or computer screen by placing it or holding it so windows and other bright light sources are not directly behind or in front. Adjust the amount of lighting in the room for sustained comfort.



Adjust Tablet/Computer Settings

Adjust the brightness, contrast, and font size until you find the best settings for your vision.



Keep Blinking

Frequent blinking reduces the chances for developing dry eye by keeping the front surface of the eye moist.

