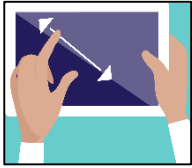
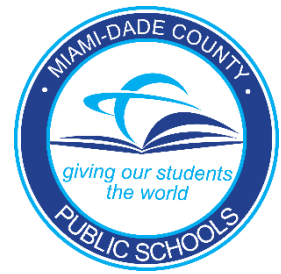


# Tips for Avoiding Eye Strain When Using Computers



## **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. Staring at a digital screen can affect the number of times you blink, causing eyes to dry.*



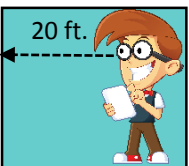
## **Clean Screen**

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



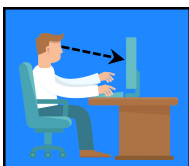
## **Reduce Glare**

*Reduce reflected glare on that tablet or computer screen by placing it so windows and other bright light sources are not directly behind or in front. This lessens the amount of overhead and surrounding light that is competing with the device's screen. Adjust the amount of lighting in the room for sustained comfort.*



## **Take Rest Breaks**

*Limit the amount of time you spend at the computer without a break. **Take a 20-20-20 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.*



## **Use Appropriate Position and Posture**

*The optimal position for your screen/computer monitor is slightly below eye level, about 18 to 28 inches away from the face. Viewing the computer screen closer than 18 inches can strain the eyes.*

**Remember the 20-20-20 Rule!**

Every **20** minutes, take a **20** second break and look at something **20** feet away.