

5 Ways to Protect Your Eyes Today

Your eyes are essential to your quality of life. These simple steps can help keep them healthy for years to come.



Get A Yearly Eye Exam

Even if your vision seems fine, a comprehensive eye exam can catch early signs of conditions like glaucoma, cataracts, or diabetic eye disease.

Eat Eye Healthy Foods

Nutrients like omega-3s, vitamin A, lutein, and zinc support long-term eye health. Good choices include leafy greens, sweet potatoes, eggs, berries, and fish.



Follow the 20-20-20 Rule

For every 20 minutes you spend looking at a screen (computer, tablet, or mobile device), take a 20-second break to look at something 20 feet away. This helps to reduce eye strain and keeps your vision clear.

Wear UV Sunglasses

UV rays can damage your eyes just like your skin, even on cloudy days. Choose sunglasses that block 100% UVA and UVB rays or wear a sun hat.



Talk To Your Doctor

Ask questions about your family history, eye disease, and changes in vision. Use the 'Ask Your Eye Doctor' card to help you prepare for appointments.



Tip: Stay hydrated, talk to your doctor about dry eyes, and clean your glasses or contacts lenses regularly for added comfort and clarity.