

Screen use and your eyes

We need to make sure we are taking care of our eyes when using computers, tablets and phones.



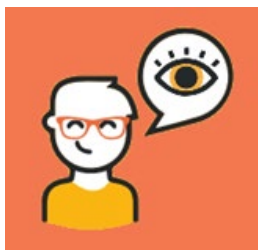
Easy read fact sheet



Since Covid-19 started, lots of people have been using computers, tablets and phones.



When we are using screens, it is important to look after our eyes.



Use the 20-20-20 rule.

Every 20 minutes look away from your screen at something that is 20 feet away for 20 seconds.



Look at a house across the road or a tree in your street.

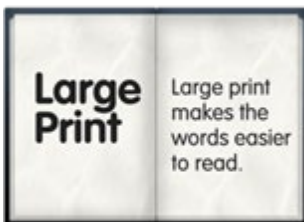
This allows your eye muscles to have a rest.



Remember to blink your eyes regularly.



Have your screen below eye level and facing away from a window to stop glare.



Make your text size bigger if you're struggling to read it.



Try eye drops if your eyes get dry. You can buy drops from any supermarket.

Check with your optician or chemist which drops are best for you.

To look after our eyes when using screens it is important to:



Make sure you go for your regular eye test.



Wear your glasses from the optician, if you should wear them.



Make sure that your glasses are clean and comfortable.



Opticians are open and ready to help.

Some opticians have extra training about making reasonable adjustments if you need them.

Contact your optician if:



Your vision becomes blurry.



You start getting headaches.



If you feel strain in your eyes.



Don't be afraid or nervous.



If you take regular breaks and look away from the screen every now and then, you will not harm your eyes.



To choose the right optician for you, visit the SeeAbility website www.seeability.org.



www.seeability.org



facebook.com/RSB.seeability



[@seeability](https://twitter.com/seeability)



01372 755000



eyecare@seeability.org

SeeAbility is the operating name of the Royal School for the Blind founded in 1799. Registered charity number 255913.

Some Photosymbols used www.photosymbols.com.

© European Easy-to-Read Logo: Inclusion Europe.

More information at easy-to-read.eu.

Reviewed: July 2021

Proof read by: Lance Campbell

