

# 10 Good Eye Health Habits

**Be Eye Aware:** If you notice a change in your vision such as blurry, red, or painful eyes, or if you have any concerns about your eye health, make an appointment with your local eye care professional.



**Say Eye Quit:** Did you know that smokers are four times as likely to lose their sight as non-smokers? Smoking can cause impaired color vision and eye irritation.

**Watch Your Weight:** Maintaining a healthy weight can help keep your vision and eyes healthy. A BMI of 35+ can significantly increase your risk of sight loss.



**Be Sun Smart:** Exposure to UV light increases your risk of developed sight-threatening conditions. Always wear sunglasses when the UW Index rises to three or more.

**Be Screen Smart:** To prevent your eyes from feeling tired or irritated when using your computer, device, or mobile phone, follow the 20-20-20 rule. Look up from your screen every 20 minutes and focus on something 20 feet away for 20 seconds.



**Eat Right for Good Sight:** Keep your eyes healthy by eating a balanced diet of wholegrains, fruit, leafy green vegetables, and omega-3s.

**Wear Safety Glasses:** Always wear good quality safety glasses when tackling any DIY jobs around your home.



**Be Physically Active:** Reduce your risk of vision impairment by being physically active. Try swimming, walking, or cycling to stay fit and healthy.

**Go Out and Play:** Spending time outdoors can give your eyes a boost and can actually reduce your risk of short-sightedness.



**Makeup Bag Makeover:** To prevent eye irritation or infection, keep makeup brushes clean and follow the period after opening guidance on your cosmetic products.

Source: [www.visionmatters.org.uk](http://www.visionmatters.org.uk)