

Healthy Eyes



How to keep your eyes healthy



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SeeAbility Easy Read Factsheet 1

1. Visit your optician for an eye test.



Have an eye test every 2 years or more often if your optician tells you.

2. Eat more fruit and vegetables.



Eating 5 portions of fruit and vegetables each day helps keep your eyes healthy.

3. Don't smoke.



If you smoke you are more likely to have eye problems.

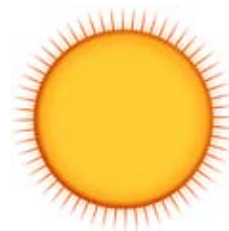
4. Do more exercise.



Exercise helps keep your eyes healthy.



5. Protect your eyes from the sun.



Wear sunglasses when the sun is bright and wear a sun hat.

6. Look after your glasses.



Old, scratched or dirty glasses can cause eye strain and give you headaches.



7. Talk to your doctor or chemist about eye problems.



It is important to protect your eyes from hayfever and allergies.

Ask for help if your eyes are red, itchy or sore.



8. Try not to touch or rub your eyes.



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Your eyes need to be kept clean.

Wash your hands and face often.

