

Tips For Good Vision & Healthy Eyes

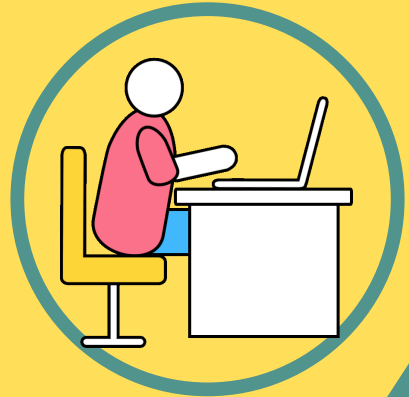
Ensure proper lighting at home & workplace



**Limit your screen time.
Keep eyes lubricated**



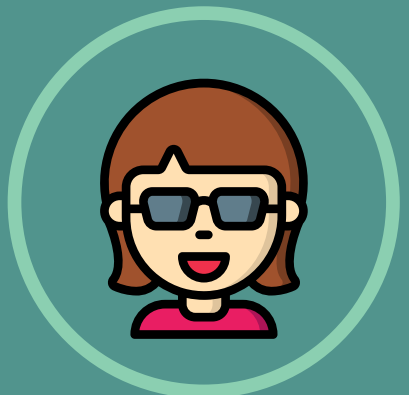
**Follow the 20-20 rule - 20 blinks
after 20 minutes screen time**



**Wear the right
prescription glasses**



Keep eyes clean. Wear sunglasses



Get your eyes examined annually

