

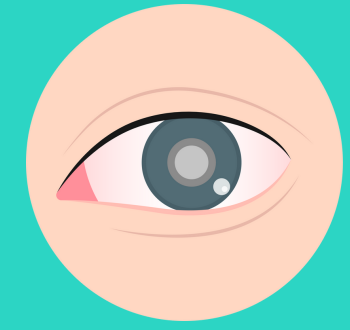
TOP TIPS FOR GOOD EYE HEALTH



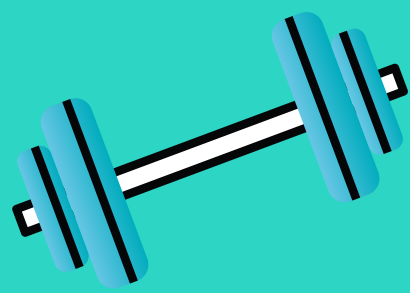
Get a regular eye test (every 2 years) - essential for maintaining eye health and spotting early signs of diseases.



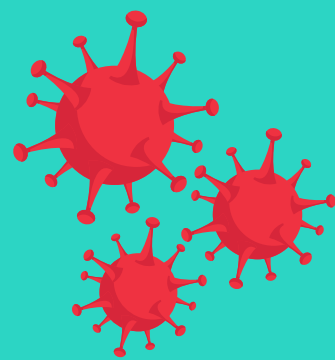
Eat right to protect your sight - antioxidant-rich foods prevent retinal damage e.g. leafy greens, oily fish and eggs.



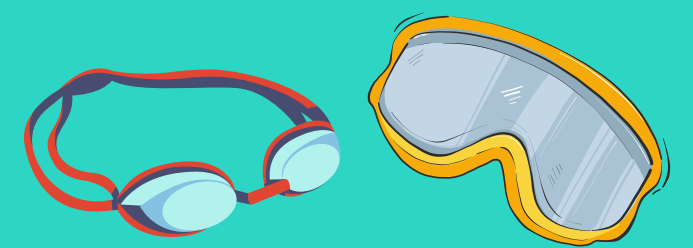
Look out for vision changes - get an eye test if you develop blurriness, squinting and trouble reading small print.



Get moving - being overweight can put you at risk of sight loss from narrowing or hardening of the arteries, high blood pressure and diabetes.



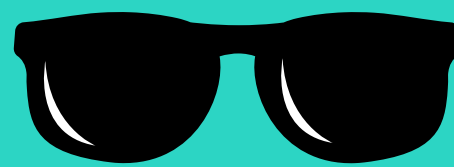
Keep the germs away - wash your hands before putting them close to your eyes, especially if putting in contact lenses.



Gear up - wear the right protective eyewear to keep your eyes safe when doing sports or DIY.



Wear your glasses - if you need them to help you see better, keep them clean and scratch free.



Wear your shades - choose sunglasses that block 100% UVA and UVB rays.



Give your eyes break - to avoid eye fatigue, reduce time spent staring at the screen and use the 20-20-20 rule.



Say no to smoking - it can put you at risk of serious eye issues and macular degeneration.



Talk about it - ask family if there is a history of eye issues.



Unplug - constant exposure to blue light over time could damage retinal cells and cause sight problems.