

# 10 Tips

## to help maintain healthy eyes and good vision



### 1. Make regular visits to the eye doctor

It is important to go to the eye doctor regularly. Undergoing an eye exam allows for vision correction. A lot of people's eyes change throughout the course of their life. Even if you have 20/20 vision, there are eye diseases or conditions the optometrist will check for.



### 6. Know your family history

Talk to family members about their eye history. It is important to know if anyone has been diagnosed with an eye disease or condition, since many are genetic.



### 7. Eat healthy

There are foods that promote eye health. Dark leafy greens, carrots and fish are eye-friendly foods.



### 8. Be active

Exercise improves blood flow, increases oxygen levels to the eyes, and helps remove toxins.



### 9. Get enough rest

During sleep your body refreshes and renews your eyes. This leads to better, clearer eyesight, and healthier nerves in and around your eyes.



### 10. Wear protective eyewear

Consider eye protection if your work or lifestyle requires them. Avoid eye injury while working with machines or chemicals by wearing safety glasses. Prescription eyewear is becoming more available for sporting activities.



### 2. Look away from the screen

Staring at a screen for too long can cause eyestrain, trouble focusing and even headaches. Observe the 20-20-20 rule. Every 20 minutes, look 20 feet away for 20 seconds.



### 3. Wear sunglasses

To prevent damage from the sun, choose sunglasses with 100% UVA protection.



### 4. Throw away old makeup

Bacteria can grow on makeup. Most products should be replaced every three months. Also, avoid sharing makeup with others.



### 5. Don't smoke

Smoking isn't just bad for your lungs. It can hurt your eyes too. Smoking increases the risk for certain eye diseases.

**83%** of U.S. adults use some form of vision correction.<sup>1</sup>

**65%** of Americans experience digital eye strain.<sup>2</sup>

**80%** of learning is visual, making clear vision essential for childhood development. Impaired vision can impact schoolwork, behavior, sports and overall development.<sup>3</sup>

Adapted from National Eye Institute, Keep Your Eyes Healthy

<sup>1</sup> The Vision Council, Consumer inSights Q2 2024

<sup>2</sup> Vision Center, Screen Time Statistics & Trends, 2025

<sup>3</sup> Psychreg, "How Vision and Hearing Impairments Can Affect Educational Outcomes and Behaviour," 2025

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