



DAILY EYE CARE CHECKLIST



START THE DAY RIGHT

- Get adequate sleep
- Stay hydrated throughout the day
- Eat a healthy, balanced diet
- Practice protective eyewear



SMART SCREEN USE

- Follow the 20-20-20 rule
- Adjust screen settings (brightness, contrast)
- Position screen at arm's length
- Reduce glare from lighting sources



EYE CARE PRACTICES

- Do not rub your eyes
- Apply lubricating eye drops if needed
- Avoid exposure to smoke or dust
- Take breaks during near work



BE PROACTIVE

- Know your family history of eye conditions
- Manage systemic conditions (diabetes, hypertension)
- Wear sunglasses outdoors