



EYE EXAMS

Taking care of your eyes is a priority and can help keep you safe and healthy. Getting a comprehensive, dilated eye exam yearly will help catch problems or eye diseases sooner rather than later.

Regular exams may also benefit your overall health. People with vision problems are more likely to have diabetes, poor hearing, heart problems, high blood pressure, lower back pain and strokes.

VISIT <http://www.cdc.gov/features/healthyvision/>

FOR ADDITIONAL INFORMATION.

9 WAYS TO PROTECT VISION

- Get regular comprehensive, dilated eye exams.
- Know your family's eye health history.
- Eat plenty of dark leafy greens and fish.
- Maintain a healthy weight.
- Wear protective eyewear when playing sports, painting, yard work or home repairs.
- Quit smoking or never start.
- Wear sunglasses that block 99-100% of UVA and UVB radiation.
- Wash hands before taking out contacts and cleanse contact lenses properly to avoid infection.
- Practice workplace eye safety.