Optegra
EYE HEALTH CARE | **NHS**

# General Eye Health Care Tips

Here are some general eye health care tips that can help maintain good eye health. Remember, these tips are general guidelines, and if you have specific concerns or conditions, it's always best to consult with an optician for personalised advice.

## 1 Schedule regular eye exams

Regular eye exams are important for detecting any potential issues early on and maintaining overall eye health. It is recommended to have an eye exam at least once every two years, or more frequently if you have existing eye conditions or risk factors.

## 2 Protect your eyes from UV rays

Ultraviolet (UV) rays from the sun can damage your eyes over time. When outdoors, wear sunglasses that block 100% of both UVA and UVB rays. Additionally, consider wearing a wide-brimmed hat for added protection.

## 3 Take frequent breaks during screen time

Staring at digital screens for prolonged periods can cause eye strain and dryness. Follow the 20-20-20 rule: Every 20 minutes, look away from your screen and focus on an object about 20 feet away for 20 seconds. This can help reduce eye fatigue.

## 4 Eat a balanced diet

Nutrients such as omega-3 fatty acids, vitamins C and E, zinc, and lutein are beneficial for eye health. Incorporate foods like leafy green vegetables, fish, citrus fruits, nuts, and eggs into your diet. If needed, consider taking supplements after consulting with a healthcare professional.

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## 5 Stay hydrated

Drinking an adequate amount of water helps maintain overall eye moisture. Dehydration can contribute to dry eyes, so make sure to drink enough fluids throughout the day.

## 6 Protect your eyes during physical activities

If you engage in sports or other physical activities, wear appropriate protective eyewear, such as goggles or safety glasses, to prevent eye injuries.

## 7 Maintain proper lighting

Ensure that your work and living spaces are well-lit to reduce eye strain. Avoid excessive glare and use task lighting if needed. Adjust the brightness and contrast settings on your screens to a comfortable level.

## 8 Get enough sleep

**Zzz..**

A good night's sleep is essential for eye health. Lack of sleep can lead to eye fatigue, dryness, and eye strain. Aim for 7 to 8 hours of quality sleep each night.

## Red Flags

Above and beyond the two-year eye test, certain symptoms need urgent medical attention.

**Go to your local optician/optometrist as soon as possible if you experience any of these:**

- Flashing lights
- Blurring of central vision
- Difficulty driving at night
- Persistent gritty dry eyes
- Persistent redness of the eyes
- Floaters (small patterns 'floating' around and disturbing vision)
- Appearance of rainbow circles around bright lights
- Losing ability to judge distance when walking
- Itchy red eyelids and persistent sore or watering eyes
- Change in vision such as not being able to read as well or see as well in the distance

**Go to A&E immediately if you experience any of these:**

- Sudden loss of vision
- Difference in pupil size
- Sudden drooping of the eyelid
- Sudden onset of double vision
- Sudden pain in the eye associated with blurring of vision or inability to open the eye
- Pain within eye which is severe enough to cause nausea and vomiting
- New onset photophobia (inability to tolerate bright lights)

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