

**BEST EYE
HEALTH
HABITS
#1**

BE EYE AWARE



**Call your local
opticians if you
notice a change
in your vision
or have any
concerns about
your eye health.**

**for more information visit
www.visionmatters.org.uk**



**NATIONAL EYE
HEALTH WEEK**
MONDAY 21 – SUNDAY 27 SEPTEMBER 2020
YOUR VISION MATTERS

CARING FOR YOUR EYE HEALTH

Your local optical team is here for you and continuing to provide vital primary care services to keep you and your family's eyes healthy.

If you notice a change in your vision or have any concerns about your eye health call your local optical practice for advice.

This is particularly important if:

Your vision has suddenly changed or become blurry

You have a painful or red eye

You have been referred by NHS 111, your GP practice or other healthcare professional

you have a problem with your contact lenses

You have a foreign body in your eye

Depending on your individual circumstances, you might be invited to a virtual appointment or you may be asked to visit the practice for a face-to-face consultation.

Don't forget to wear a mask if you are invited to attend a face-to-face appointment and check your practice's website for other guidance about new COVID-19 safety measures.

If you are not registered with an optical practice, you can find details of local opticians here:

<https://www.nhs.uk/service-search/find-an-optician>

If you have lost or broken your glasses your dispensing optician can arrange for a replacement pair to be delivered to you.

Your dispensing optician can also guide you through any new procedures in place for selecting eyewear if you have a new or updated prescription.

If you need a face-to-face consultation and are unable to attend the practice due to a physical or mental disability your optometrist may be able to visit your home.

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Other habits in our Ten Best Eye Health Habits series include: eating a healthy balanced diet, being active, protecting your eyes from the sun's damaging UV rays and watching your weight.