

# SAY EYE QUIT

**BEST EYE  
HEALTH  
HABITS  
#5**

Smokers are up to four times more likely to lose their sight than non-smokers. Smoking can also cause eye irritation and impair colour vision.



for more information visit  
[www.visionmatters.org.uk](http://www.visionmatters.org.uk)



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