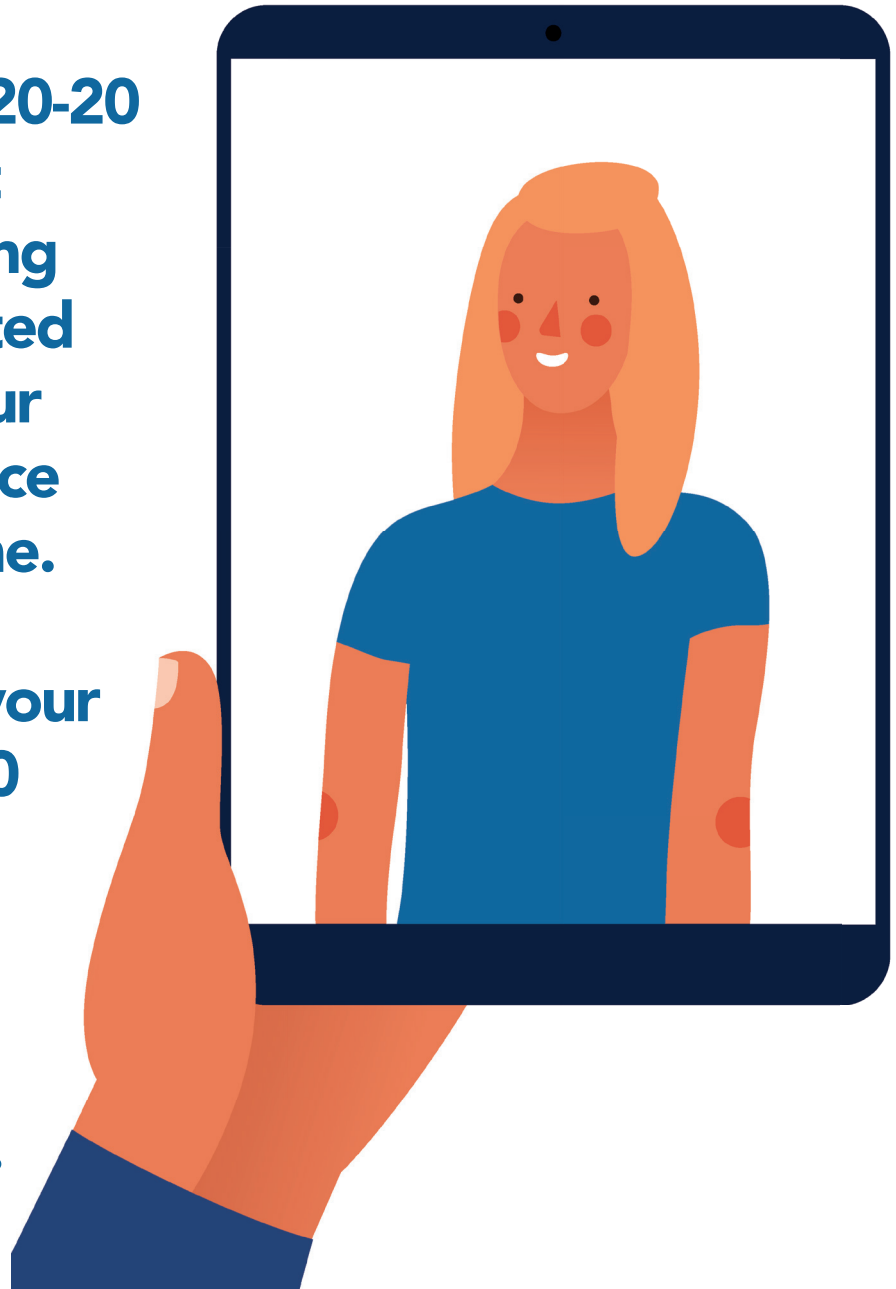


BE SCREEN SMART

**BEST EYE
HEALTH
HABITS
#8**

Follow the 20-20-20 rule to prevent your eyes feeling tired and irritated when using your computer, device or mobile phone.

Look up from your screen every 20 minutes and focus on something 20 feet away for 20 seconds.



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



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