

DIGITAL EYE CARE



Prevent eye strain when looking at computer screens or mobile devices by looking away from your screen every 20 minutes & focusing on something 20 feet away for 20 seconds.

Find out more about looking after your eyes at [visionmatters.org.uk](https://www.visionmatters.org.uk)



**NATIONAL EYE
HEALTH WEEK**
MONDAY 23 – SUNDAY 29 SEPTEMBER 2024
VISION MATTERS

National Eye Health Week is a public health campaign run by Eye Health UK (registered charity 1086146)