

# Eye Health Week

## Top Tips for Good Eye Health

- 👁️ Get an eye test every 2 years (or more frequently if advised by your optometrist). Remember, eye tests are free on the NHS for all children under 16 years!
- 👁️ Eat well - nutrition plays an important role in eye health. Eating a rainbow of fruit and vegetables and other foods rich in vitamins and omega-3, such as salmon, eggs and whole grains, will give your eyes the support they need.
- 👁️ Be sun safety aware! Don't forget to slip on your shades in sunny weather. Look out for the CE, UV 400 or British Standard marking that show the pair you've chosen offer UV protection.
- 👁️ Stay fit and healthy and enjoy time outdoors. Regular exercise helps maintain good eye health, while studies suggest spending two hours or more a day outdoors can reduce the risk of short-sightedness (myopia). Enjoy outdoor play and family walks or bike rides.
- 👁️ Did you know studies show you blink up to half as frequently as usual while looking at a screen? Take a break every 20 minutes and gaze across the room blinking often for 20 seconds to help avoid dry eyes and computer eye strain. It's also worth trying to include more screen-free time in your day in general in order to stay active and improve health.
- 👁️ If you wear make-up, check the expiry dates and be sure to wash and replace brushes regularly. Eye make-up and brushes can pick up dirt and bacteria that can cause unpleasant eye infections.
- 👁️ And if you needed another reason to quit/avoid smoking - smoking has been directly linked to blindness!

