

General Tips for Good Health of Eyes:

1. Blink eyes often when you are sitting on PC and in A/C.
2. Take a break from screen and look at a distance on horizon for eye relaxation and rest to eye from accommodation.
3. Reduce the glare and brightness of screen to avoid dryness of eyes.
4. Rest to eyes for 8 hours a day is must for long term benefits.
5. Drink plenty of water.
6. Do not touch eyes frequently especially while you are outdoors or in places like lifts.
7. Conjunctivitis spreads from touching fomites at once and touching eyes with the same hand in short period of time.
8. Refractive error has to be assessed by doctor and not by just visiting the optics shop.
9. The computer reading is likely close to the problem reading but may not be accurate as it does not involve trial of the number on your eyes.
10. The cleaning of hairs and keeping it dandruff free is good for the eyes.
11. The children need early attention, early detection and early correction of refractive error for long term benefits to eye and educational achievements.