

KEEP YOUR HEALTHY!

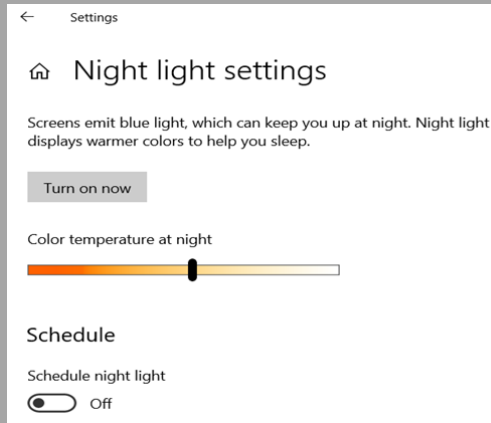
Screens are now part of our everyday lives and the recent lockdown now means children are looking at screens more than ever before.

However, whilst technology is an important tool we need to ensure we are using it correctly to avoid digital eye strain associated symptoms such as headaches, sore eyes, dry eyes, blurred vision and sensitivity to light.

There is also some evidence to suggest that digital eye strain can lead to short-sightedness in children (difficulty seeing objects further away).

Tips to avoid digital eye strain:

- Turn the nightlight on your devices; if you search (bottom left of your screen) 'night light' it will bring up the screen above. If you click 'Turn on now' it will reduce the blue light coming off your screen.



- Follow the 20:20:20 rule; you should look away from your screen every 20 minutes to look at something 20 feet away for at least 20 seconds. This will relax your eye muscles and reduce the risk of eye strain.
- Adjust your screen; screens should be slightly below eye level so you do not have to look up at a screen which can dry out your eyes.
- Check the 1-2-10 rule for distance; mobile phones should be 1 foot away, laptops/computers 2 feet away and TVs 10 feet away - what are your usual distances?
- Have time away from screens - outside if possible; could you have your 10-15 minute break outside for some fresh air and a change of scene?
- Drink water; just like everything else in the body, your eyes need water to stay healthy and comfortable.
- Book an eye test if you are concerned.

