

Healthy Eyes

How to keep your eye healthy.



Easy read fact sheet



Visit your optician for an eye test.

Have an eye test at least every 2 years or more often if your optician tells you to.



Eat more fruit and vegetables.

Try and eat lots of fruit and vegetables each day to help keep your eyes healthy.



Don't smoke.

If you smoke you are more likely to have eye problems.



Do more exercise.

Exercise helps keep your eyes healthy.



Protect your eyes from the sun.

Wear sunglasses when the sun is bright and wear a sun hat.



Look after your glasses.

Old, scratched or dirty glasses can cause eye strain and give you headaches.



Talk to your optician, chemist or GP about eye problems.

It is important to protect your eyes if you have hayfever or allergies. Ask for help if your eyes are red, itchy or sore.



Try not to touch or rub your eyes.

Your eyes need to be kept clean
Wash your hands.



Be aware of changes in your vision.

If you think your eyesight has changed, it is best to have a new eye test with an optician.



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