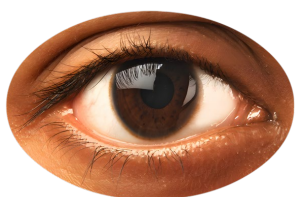


Looking after your eyes

How to keep your eyes healthy



Easy read guide



There are things you should do to keep your eyes healthy.



1. Have an eye test every year



If you have a learning disability, you should have an eye test every year.



Your optician will tell you if you need eye tests more often.



2. Eat healthy food



Try to eat lots of fruit and vegetables every day.

This helps keep your eyes healthy.



3. Do not smoke

You are more likely to have problems with your eyes if you smoke.



4. Keep active

Exercise helps keep your eyes healthy.



5. Protect your eyes from the sun.

Wear sunglasses when it is bright.

You can also wear a hat to protect your eyes from the sun.



6. Wear your glasses

Wear your glasses if you have them.



Keep them clean and not scratched.



Dirty or damaged glasses can hurt your eyes and give you headaches.



7. Get help with eye problems



Talk to your optician, chemist, or doctor if you have problems with your eyes.



Ask for help if your eyes are red, itchy or sore.



It is important to protect your eyes if you have hay fever or allergies.



8. Keep your eyes clean



Try not to rub your eyes.



Wash your hands regularly.



9. Look out for changes in your eyesight



If your eyesight changes you might need another eye test.



Make sure to tell your optician.



10. Take care using screens



Using computers, tablets, and phones can affect your eyes.



Take regular breaks and look away from the screen.



If you are worried about your eyes speak to your optician straight away.



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