

EVERYDAY CHECKLIST

Everyday Healthy Eyes

Small habits add up to a lifetime of healthy vision. Keep these simple steps in mind day to day.

**Follow the 20-20-20 rule**

Every 20 minutes, look at something 20 feet away for 20 seconds.

**Wear UV-protective sunglasses**

Protect your eyes from the sun whenever you are outdoors.

**Stay hydrated and eat well**

Water and eye-healthy foods support clear, comfortable vision.

**Do not sleep in contacts**

Unless your doctor has approved lenses prescribed for it.

**Book a comprehensive exam each year**

Yearly checkups catch issues early, before symptoms start.

GOOD TO KNOW

Due for a checkup? Booking takes less than a minute at eyeserveatl.com.



(404) 460-6163

· 844 Cleveland Ave SW, East Point, GA · eyeserveatl.com