Every **20 minutes**
look at least **20 feet away**
for at least **20 seconds**
to vary your viewing distance and
give your eyes a break
from looking
at your screen.

Arrange your workspace so that
your eyes are a **DISTANCE**
of about **23-25 inches**
from your screen.

Be sure to **BLINK**
frequently as you use your device
and during your 20-20-20 breaks
to help reduce dryness and irritation.

Playing **OUTDOORS**
is important for your eyes!
Natural light, multi-distance focal points, and exercise are good for
your eyes.
Spend at least an hour outside every
day if you can.