

Test Your Eyes Daily

1

Place this chart (on reverse) at eye level in a well-lit area.

2

Stand about 24 inches away.

3

Wear your reading glasses and fully cover one eye.

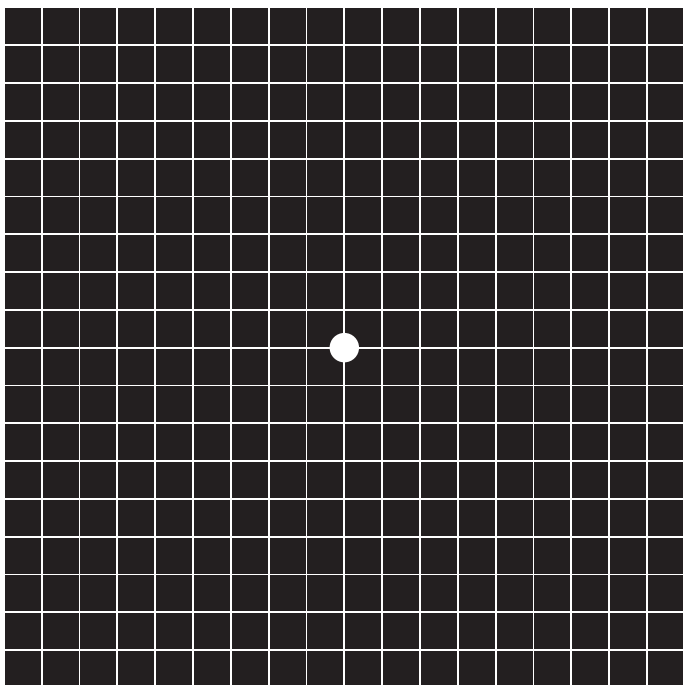
4

Focus on the center dot for one full minute. First do one eye, then the other.

5

Call your doctor if any lines or squares are wavy, blurred or missing.





AMSLER GRID 2011
211 W. Wacker Dr., Ste. 1700
Chicago, Illinois 60606
PreventBlindness.org
800.331.2020