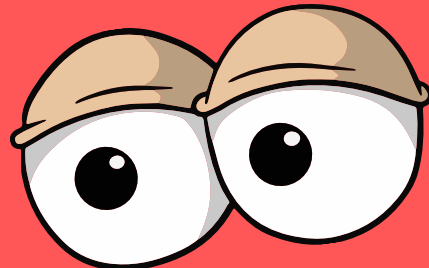


SCREEN TIME AND YOUR EYES

WHAT IS MYOPIA?

Myopia, also called nearsightedness occurs when objects farther in the distance appear blurry and objects up close are clear



NEGATIVE EFFECTS OF INCREASED SCREEN TIME

- Eye strain
- Headaches
- Dry eye
- Fatigue
- Increased vision problems



WHAT YOU CAN DO

Follow the 20/20/20 rule



Every 20 minutes of looking at a screen



Look away at an object that is 20 feet away

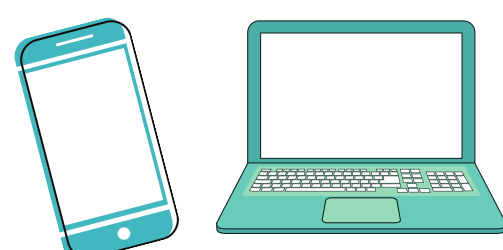


For 20 seconds

DID YOU KNOW?



Students spend about 7.5 hours a day in front of a screen



FOR MORE INFORMATION

Visit wisconsin.preventblindness.org
or scan the QR code below

