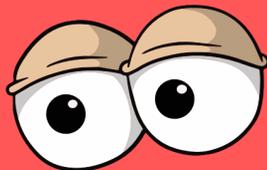


# SCREEN TIME AND YOUR EYES

## 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

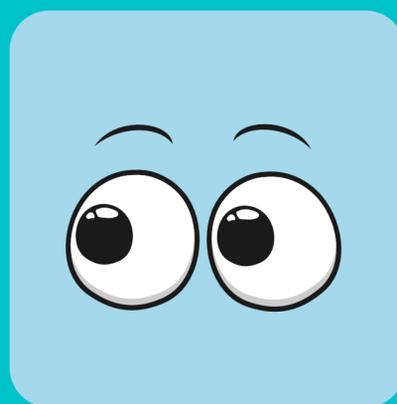


## WHAT YOU CAN DO

### Follow the 20/20/20 rule



Every 20 minutes of looking at a screen



Look away at an object that is 20 feet away

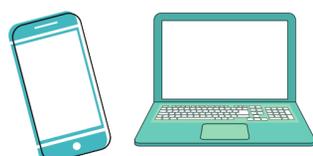


For 20 seconds

## DID YOU KNOW?



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



## FOR MORE INFORMATION

Visit [wisconsin.preventblindness.org](http://wisconsin.preventblindness.org)  
or scan the QR code below

