Steps for healthy eyes

Have regular eye exams.
Early detection of eye disease can prevent future vision loss.

Wear sunglasses and brimmed hats outdoors to reduce UV exposure that can damage your eyes.

Stop smoking.
Smoking increases the risk of eye diseases such as cataracts and macular degeneration.

Avoid eye strain and headaches
Follow the 20-20-20 rule
After 20 minutes spent using a screen
Look at an object 20 feet (6m) away
For at least 20 seconds

Encourage children to spend at least 90 minutes outdoors to prevent the development and progression of myopia (short-sightedness).

Wear eye protection when using tools and chemicals that could damage your eyes such as welding, chemicals, flying metals or wood.

Visit www.who.int/health-topics/blindness-and-vision-loss for more information and resources