Every waking minute, your eyes are working hard to see the world around us. According to AOA’s annual American Eye-Q® survey, 49 percent of Americans worry about losing their eyesight over their ability to walk or hear.

It’s Easy to Incorporate Steps into Your Daily Routine to Protect Your Vision!

1. **Schedule Yearly Comprehensive Exams**
   Seeing a doctor of optometry regularly will help keep you on the path to healthy eyes.

2. **Protect Against UV Rays**
   No matter the season, it’s important to wear sunglasses.

3. **Give Your Eyes a Break from Digital Device Use**
   Practice the 20/20/20 rule: every 20 minutes, take a 20 second break and look at something 20 feet away.

4. **Eat Your Greens!**
   Eat five servings of fruits and vegetables each day—particularly the leafy green variety.

5. **Practice Safe Wear & Care of Contact Lenses**
   Follow your optometrist’s recommendations for use and wear – keep them clean!

To learn more about eye and vision health, or to find a nearby doctor of optometry, please visit [aoa.org](http://aoa.org).