

Every **20 minutes**
look at least **20 feet away**
for at least **20 seconds**
to vary your viewing distance and
give your eyes a break
from looking
at your screen.



DISTANCE

OUTDOORS

Arrange your workspace so that
your eyes are a

DISTANCE

of about
23-25 inches
from your screen.

Be sure to
BLINK

frequently as you use your device
and during your 20-20-20 breaks
to help reduce dryness and irritation.

Playing
OUTDOORS

is important for your eyes!
Natural light, multi-distance focal
points, and exercise are good for
your eyes.
Spend at least an hour outside every
day if you can.