



# Eye Health Tips

August is Eye Safety Month—and a big milestone!  
Protect your sight with these simple, expert-backed tips below.

## Simple ways to prevent eyestrain

Eyestrain is caused by long periods of activity involving eye focus, such as viewing mobile devices and computer screens, reading books, driving or watching TV.

- Use the 20-20-20 rule as a guide: Every 20 minutes, look away to an object at least 20 feet away for at least 20 seconds.
- Keep your eyes moist, by blinking or using artificial tears, to prevent them from drying out.

## Eat a balanced diet for eye health

- Fruits with vitamins C and E, such as oranges, strawberries and mangos, can help restore tissues and prevent infections.
- Omega-3 fatty acids in fish can prevent dry eye and reduce risk of cataracts and AMD.
- Leafy greens with vitamin A, like spinach and kale, can help fight dry eye and night blindness.
- **Remember:** a healthy, balanced diet can help prevent conditions such as obesity and hypertension, which have been linked to additional eye diseases.

## Did you know?

The [Wilmer Eye Institute](#) is celebrating 100 years of vision care excellence this year! Adults enrolled in a JHU CareFirst Health Plan receive a free routine eye exam at Wilmer every 24 months. Routine and preventive eye care helps to help avoid or minimize vision loss and diseases later in life – call 410-955-5080 to schedule.

For well-being resources visit [JHU Well-being Programs](#) online.

Explore vision benefits on the [Benefits & Worklife website](#).