



# Love your eyes

Top tips to keep your eyes healthy

**RNIB** Supporting people  
with sight loss

[rnib.org.uk](https://rnib.org.uk)

# Seven easy steps to protect your eye sight

Your sight is precious. However, it's all too easy to overlook your eyes when caring for your health. At least 50 percent of all sight loss is avoidable, so check out these tips to help maintain your sight and prevent problems in the future.



## 1. Get a sight test

Everyone should have an eye test at least once every two years as it's an important step in looking after your eyes and making sure you see at your best. But many of us don't even bother. Eye tests can check for eye conditions and general health issues too. Book your eye appointment today and ask if you qualify for a free eye test.



## 2. Stub it out

We all know that smoking is linked to some serious diseases like cancer and heart disease, but did you know it is also bad for your eyes? Smoking has been linked to eye conditions that can cause permanent damage to your sight. If you want to quit smoking, please talk to your GP and remember to get an eye test every two years.



## 3. Keep it clean

Do you wear contact lenses? Eye infections from dirty hands or contact lenses can be serious. Always wash, rinse and dry your hands thoroughly before handling your lenses. If you wear reusable lenses clean your lenses and storage case thoroughly with a recommended solution from your optician – no spitting on them or washing them with water.



## 4. Eat your greens

A healthy body makes a healthy mind, right? Well it can also help with your sight too. Eat well and exercise to maintain a healthy weight. This can also help prevent diabetes, which, can also cause sight loss. So, stock up on leafy vegetables, citrus fruits, nuts and seeds.



## 5. Know your family history

Glaucoma is one of the leading causes of blindness and can run in families. But the good news is, if it is caught early, it can be treated and controlled, which means your sight can be protected. So talk to your parents and relatives about eye conditions in the family and get regular eye tests.



## 6. Throw on your shades

Of course you want to look good in your shades this summer. But, you need to shield your eyes from harmful UV rays too. Trust sunglasses with a CE or British Standard mark.



## 7. Finally, take a break

Whether it's writing an assignment, online shopping, working or putting images on social media, we spend way too much time glued to our computer screens. This can put a strain on our eyes. So, every hour take a short break away from your screen and give your eyes the rest they deserve.

# About RNIB

Our mission is to improve the eye health of the nation.

But we're also here for everyone affected by sight loss. Whether you are losing your sight or you're blind or partially sighted, our practical and emotional support can help you face the future with confidence.

Learn more about us and our work at **[rnib.org.uk](https://www.rnib.org.uk)**

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