

Tips to prevent **DRY EYES**



Always wear goggles/sunglasses

Wear sunglasses outdoors, particularly those with wrap around frame design, to reduce exposure to drying winds, sun rays, breeze, dust and pollution.

Drink plenty of water

Avoid becoming dehydrated by drinking plenty of water (8 to 10 glasses) each day.



Remember to blink and look at a distance

Remember to blink regularly and look at far off distances every half an hour of working on the computer or while reading a book.

Wash eyes with cold water and use a fresh towel

This keeps the eyes cool, fresh and clean.



Keep AC vent down

Whether it is in office, cars or at home keep the AC vent down and not right the face. The cold air can dry out the moisture in the eyes.