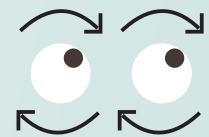


This will help to reduce eye strain



Eat healthy food



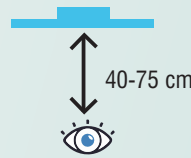
Eyes exercising



Regular eye cheking



Proper lighting



Distance adjusting



Glare reducing



Monitor cleaning



Fonts scaling



Frequent blinking



Glasses wearing

20-20-20 Rule To Prevent Digital Eye Strain

for every
20
minutes

on the computer
stop
& look at something

from
20
feet away

for
20
seconds