

Looking after our eyes and our sight loss community

Tips & Information For Looking After Your Eyes

Get your eyes tested every two years from age three. Eye tests are free up to age 16. Other criteria can also make them free. Find details on sight tests and vouchers at www.nhs.uk/nhs-services/opticians/free-nhs-eye-tests-and-optical-vouchers/.

- For eye concerns, visit your optician or an emergency eye clinic in the first instance.
- 250,000 eye injuries are caused by DIY - so wear goggles!
- Take regular breaks from screens, and set reminders if needed.
- Follow the 20-20-20 rule: every 20 minutes, look 20 metres away for 20 seconds.

Signs and symptoms of sight loss

If you notice any of the following, book an appointment with the opticians:

- Pain in and around your eye
- Changes in your vision
- Unable to do daily tasks using your eyes, or finding them harder to do

Daily exercises to support eye health

These simple daily exercises can support your eye health. Rest your eyes:

- Rub your hands together and put them over your eyes for a minute
- Stretch your eyes, close your eyes tightly then open them wide – do this 5 times
- Sit quietly close your eyes and rest for up to 5 minutes

Eye health and food choices

Food groups have a significant impact on our vision:

- Carrots & sweet potatoes: Vitamin A and beta-carotene for vision.
- Leafy greens: Lutein and zeaxanthin to protect eyesight.
- Fish (salmon, sardines, tuna): Omega-3s reduce dry eye risk.
- Remember to eat vitamins A, C, E & D.

Smoking & Alcohol

You are 50% more likely to develop cataracts, age-related Macular Degeneration or diabetic sight conditions if you smoke or drink excessively.

Eye health and UV light

To protect your eyes from the sun, wear sunglasses with UV protection and a wide brimmed hat. This is vital for people with certain conditions.

Supporting our sight loss community

There are simple things we can all do to make living with sight loss that little bit easier. Below are some things to consider:

Communication: Use clear language, at least 14pt font, simple fonts, minimal images, no block capitals. Provide alternative formats & add Alt text.

Environment: Ensure good lighting and colour contrast, keep layouts consistent, and avoid clutter or trip hazards.

Respect: Speak directly, offer support but respect the response, never touch without consent, and don't assume needs.

Vista are here to help everyone impacted by sight loss. For more information visit our website www.vista.blind.org.uk, call **01162 498 839** or email info@vistablind.org.uk.



Donations support our work across Leicester, Leicestershire and Rutland. Scan the QR code to find out how to support our work.



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