10 TIPS FOR EYE HEALTH

1. GET REGULAR EYE CHECKS

It is important to get your eyes checked regularly, many eye diseases have no early warning signs or symptoms, and an eye test can detect eye conditions before your eyesight is affected. Aim for a check-up every 1 -2 years.

2. EAT HEALTHY FOODS

Eating a healthy well-balanced diet ensures you have the vitamins and minerals that are essential for maintaining healthy eyes and lowers your risk of age-related eye diseases.

3. EXERCISE REGULARLY

Doing regular exercise can reduce the risk of developing conditions like diabetes or high blood pressure which can affect your sight. Aim for 30 mins of moderate-intensity exercise 5 times a week.

4. TAKE SCREEN BREAKS

To protect your vision and reduce digital eye strain, you should take regular screen breaks. Every 20 minutes, look at an object at least 6 meters away for at least 20 seconds.

5. DRINK LOTS OF WATER

Drinking enough water helps your eyes produce tears, stay moist, and flush out dust and bacteria. Aim for about 8 glasses of water a day, adjusting for exercise or hot weather.

6. QUIT SMOKING

Smoking increases your risk of developing serious eye conditions and permanent sight loss. If you are having trouble quitting speak to a medical professional.

7. WEAR SUNGLASSES OUTSIDE

Wear sunglasses that offer UVA and UVB protection when outside to prevent radiation from the sun damaging your eyes.

8. BE AWARE OF FAMILY HISTORY

Knowing your family history is crucial because many serious eye conditions have a strong genetic link that increases your personal risk. Talk to a medical professional for advice.

9. GET A GOOD NIGHT'S SLEEP

Getting a good night's sleep allows your eyes to rehydrate, repair tissues, and clear away any irritants. Aim for 7-9 hours each night.

10. WEAR SAFETY GLASSES

Wearing safety goggles when performing high risk duties such as chemical handling or physical work is essential to protect your eyes from chemical splashes, flying debris, dust, and harmful UV radiation during high-risk tasks.

WORLD SIGHT DAY 8TH OCTOBER 2026

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