Indian States And Tourism Slogan

- Take regular breaks while work on computer and other tasks that mostly involve with your eyes.
- Make a daily schedule for cleaning and wearing contact lenses.
- Eat fruits and vegetables at least 5 days in a week.
- Wear your glasses. This sounds obvious, but many people with low to moderate vision loss leave them at home or tucked in a pocket or purse because of vanity or forgetfulness.
- If you have high blood pressure, high cholesterol, or diabetes, make sure these conditions are under control.
- Avoid smoke.
- Wear sunglasses when out of doors. Wear sunglasses that protect your eyes from UVA and UVB rays. Wear them even on cloudy days.
- Know your family's eye history and share this information with your healthcare providers.
- Blink frequently while working on computer.
- You should use some eye drops as prescribed by doctor for the dry, irritated eyes.

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