Computer Vision Syndrome or digital eyestrain results from prolonged computer, laptop, tablet, e-reader and smartphone use. It can result in eyestrain, headaches, dry eyes and blurry vision.

Additional ways to alleviate problems associated with Computer Vision Syndrome:

- Keep your computer screen about **20 to 28 inches** away from your eyes and **4 or 5 inches below eye level**
- Prevent glare on your screen by **closing blinds or drapes**
- Ensure the computer screen is **always clean**
- Regular eye exams can help detect symptoms associated with **Computer Vision Syndrome**

**Practice the 20-20-20 method.**

After every 20 minutes of work, look 20 feet away for 20 seconds.

Be sure you’re wearing the right glasses or contact lenses. And make it a point to blink regularly to help keep your eyes moist.

For more information, visit nsc.org

Eliminating Preventable Deaths®