



EYE HEALTH AWARENESS: PROTECT YOUR VISION THIS WINTER

Why is eye health important in the winter?

During the winter months, many of us spend more time indoors; often on phones, tablets, and computers. Combined with dry indoor air and heating, this can take a toll on your eye health. Taking small steps now can help keep your eyes comfortable and healthy all season long!

What is screen fatigue and how to reduce it?

Spending long hours on screens can lead to dry, irritated, or watery eyes, blurred vision, eye strain, and headaches.

Tips to reduce screen fatigue include:

- Follow the 20-20-20 rule: every 20 minutes, look at something 20 feet away for 20 seconds
- Blink more often (we blink less when staring at screens)
- Adjust screen brightness and reduce glare
- In addition to taking breaks and blinking more, eye drops can provide relief to the eyes

How to use artificial tears & eye drops properly



Choose preservative-free drops if you use them more than 4 times daily, as they are gentler and reduce the risk of eye irritation.



Wash your hands before using eye drops to prevent infection.



Do not touch the bottle tip to your eye, eyelid, or fingers to keep drops clean.



Tilt your head back, pull the lower lid down gently and apply one drop at a time. If using more than one drop, wait at least 3 minutes between drops.

HOW OUR PHARMACY CAN HELP

Our Pharmacists can help identify some eye symptoms that should not be ignored. Seek medical care if you experience:

- Sudden loss of vision
- Eye pain or pressure
- Light sensitivity
- New flashes of light
- An eye injury or chemical exposure

Our Pharmacists can also recommend appropriate eye care products, show you how to properly use eye drops, and review medications that may contribute to dry eyes.

If your eyes feel uncomfortable, dry, or strained this winter, talk to us. We're here to help keep your vision clear and comfortable!

For more info, visit us at:

10-1321 Dawson Rd,
Lorette, MB



Brought to you by your local Pharmacy Student,
Allanah Climaco



lorettepharmaciedufresne.ca



pharmaciedufresne@pharmacchoice.ca



(204) 878-4122

References:

<https://opto.ca/eye-health-library/20-20-20-rule>

<https://opto.ca/eye-health-library/computer-vision-syndrome-digital-eye-strain>