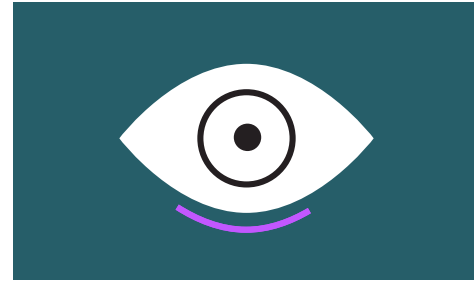

Check Your Eyesight Regularly with the Amsler Grid



TIP: Tape the grid somewhere like the refrigerator or bathroom mirror so you remember to use it regularly.

The Amsler Grid is a square containing a grid pattern and a dot in the middle. This grid, when used correctly, can show problem spots in your field of vision.

To check your vision, follow these simple steps:

1. Download and print the Amsler Grid.
2. Wear the glasses you normally use when reading.
3. Make sure the grid is about 12-15 inches away from your face and in bright light.
4. Cover 1 eye.
5. Focus your uncovered eye on the center dot.
6. Continue looking at the dot. Note if all grid lines look straight or if any lines or areas look blurry, wavy, dark, or blank in your side vision.
7. Repeat these steps with your other eye.

Repeat regularly for each eye.

If any sections appear blurry, wavy, darker, or blank, **see your eye doctor as soon as you can.**

Check Your Eyesight Regularly with the Amsler Grid

