

# Health and Wellness Tip of the Week - Week 32

## Monthly Topic

*August is Healthy Vision & Eye Care Month. It's the perfect time to remind employees about the importance of caring for your eyes.*

August 10, 2015

## Looking Out For Your Eye Health

Our eyes work hard for us each day. When problems occur, we may put our sight at risk if we don't seek help when we should.

Consider an eye exam if you have any of these symptoms:

- 👁️ Watery eyes
- 👁️ Trouble focusing on close or far away objects
- 👁️ More sensitivity to light or glare
- 👁️ Persistent pain in or around eyes
- 👁️ Double vision
- 👁️ Seeing spots

Make an emergency visit with your eye doctor if you have:

- 👁️ Side vision blocked out
- 👁️ Black spots or flashes of light
- 👁️ Sudden vision loss in one eye or blurred, hazy vision
- 👁️ Rainbows or halos around light
- 👁️ Drape-like blotting of vision

If you have eye problems, don't look the other way. Schedule a complete eye exam with your doctor.

*Source: Prevent Blindness*



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