



## Health and Wellness

**Tip of the Week**  
**Week 41**  
**October 12, 2020**

Our Mission is to promote health awareness and encourage healthy lifestyles.

## Too Many Screens Hurting Your Eyes?

Blue light is the light given off by digital electronics such as your computer, smart phone, tablet and flat-screen TVs. When using electronics, protect your eyes with these easy fixes:

- Turn off screens one hour before bed.
- Follow the 20-20-20 rule. Every 20 minutes, take a 20 second break by looking 20 feet away.
- Make an effort to blink more often.
- Check the lighting and reduce glare.

*Source: American Optometric Association*



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