



## Health and Wellness

**Tip of the Week**  
**Week 42**  
**October 19, 2020**

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

## Keep An Eye On Your Vision

Over 11 million Americans over the age of 12 need their eyesight corrected. Routine eye exams are necessary to find eye problems and to preserve vision. If you have any of these eye problems, visit your eye doctor:

- Decreased vision
- Draining or redness of the eye
- Eye pain
- Double vision
- Tiny specks that appear to float before your eyes
- Ring around lights
- Flashes of light

*Source: Center for Disease Control and Prevention*



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