

## Is your computer hurting your eyes?

Take this quiz and find out!

1. When working on the computer...
  - A. I work for long periods of time
  - B. I always take frequent breaks
2. After working on the computer...
  - A. I get headaches, double vision, get tired easily, have blurred vision, or dry eyes
  - B. I never have any discomfort or symptoms
3. When sitting at the computer...
  - A. I can touch the screen of my monitor while sitting back in my chair
  - B. I am at a distance where I cannot touch the monitor of my computer but the words are still clear
4. Looking at my computer...
  - A. My monitor is located above eye level, and I am not able to see over the top of it in straight ahead gaze
  - B. My monitor is located 5-9" below eye level
5. When I'm sitting at the computer...
  - A. I am facing a window
  - B. There is a shaded window located behind me
6. When working on the computer with a paper document...
  - A. I place the document on the desktop that I am working on
  - B. I place the document in a holder on the right or left side of the computer monitor

**If you answered "A" to any of these questions, your computer may be hurting your eyes and your vision. Call to schedule your vision appointment today!**