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Eye Care and Protection



Every day, we immerse ourselves in a series of tasks sitting glued at our office desk to operate a computer. Students are stuck to the screens for online learning during the pandemic.



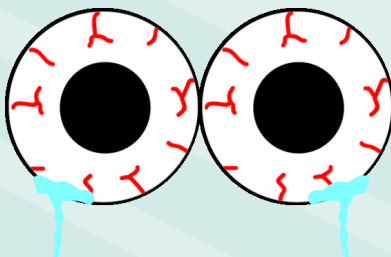
Electronic visual displays, which are essential to our lives nowadays, include computers, TVs, and smartphones, etc. Overuse of these devices will make our eyes strained, dry and tired, and in turn, hamper our health.

Situations that may do harm to our eyes

- Use a computer for a long period of time
- Lean forward unconsciously to computer screen while at work
- Look at the screens in improper posture and poor lighting
- Look at the screens in a crowded vehicle
- Send an SMS while walking
- Wear glasses of unsuitable prescription



Xerophthalmia (Dry eyes)



Dry eyes mean that there are insufficient tears to protect our eyes, rendering them dry and unhealthy. Generally, we **blink our eyes 20 times per minute, brushing our eyeballs with tears and supplying them with water and nutrition.** However, the frequency of blinking will drop substantially when we are gazing at the screens. Our eyes tend to remain open more frequently when we focus on a few points at the same distance, which will reduce the tears on the surface of our eyeballs and render our eyes drier than normal.

Eye Protection Tips

1. Good habits when looking at a screen:

- **Maintain an appropriate posture** when using a computer.
- Keep reading distance no less than 50 cm for a computer, 40 cm for a tablet personal computer, or 30 cm for a smartphone.
- Use ceiling lights when looking at screens. **Lighting should be even and bright without excessive glare.**
- Follow the **20-20-20 rule**: for every 20 minutes spent looking at a screen, you should look at something 20 feet away for 20 seconds.
- Take a break when your eyes are tired by **looking at distant objects or simply closing your eyes.**



2. Keep a balanced diet:

- Intake a variety of nutrients such as Vitamin A (from carrots, dark green vegetables), Vitamin B Complex (from lean meat, beans), Vitamin C (from kiwi fruit, oranges), Vitamin E (from cashew nuts, peanuts), and Anthocyanin (blueberries, black grapes), etc.



Remedies for eye strain

1. Eye massage

- Gently massage the area around the eyeballs. This helps increase blood circulation around your eyes and stimulate the tear glands.



2. Warm or cold compresses

- Place a warm or cold towel over your eyelids is effective in improving blood circulation and relaxing eye muscles.



3. Use artificial tears to relieve dry eyes

- Look for lubricating eye drops without preservatives and chemicals. Follow the product instruction and be aware of the expiry date and the dosage.