



Do you know the

20/20/20

rule to prevent digital eye strain?

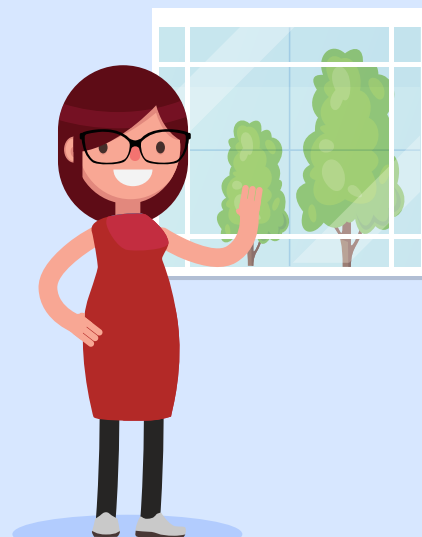
Take a 20
second break



Every
20 minutes



Look at
something 20
feet away



Source: American Optometric Association

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