Show those eyes some love! They will thank you for it.

Prevent digital eye strain. Every 20 minutes of screen time, look at something 20 feet away for 20 seconds.

ILLINOIS OPTOMETRIC ASSOCIATION

20 seconds!

Love your eyes

Prevent digital eye strain.

Look **20** feet away from the screen for **20** seconds every **20** minutes.

ILLINOIS OPTOMETRIC ASSOCIATION

Love Your Eyes

2 ♡
2 ♡
2 ♡

Prevent digital eye strain.
Take a 20 second break every 20 minutes and look at something 20 feet away.