Top ten tips for healthy eyes.

1. **Visit your eye care professional**
   for an eye examination every one or two years, to check not only your vision but also your eye and general health.

2. **Blink frequently**
   and take regular breaks, especially when working on a computer. Also check that your screen and keyboard are positioned correctly.

3. **Wear your glasses or contact lenses**
   and keep your prescription up-to-date, to help you perform better at work, rest and play.

4. **Drink water**
   throughout the day to stay hydrated. Your tears and the delicate skin around your eyes are particularly susceptible to dryness.

5. **Wear eye protection**
   for DIY activities and at risk sports, and remember UV protection for eyes is as important as sunscreen for skin.

6. **Wash your hands regularly**
   to help reduce the spread of colds, runny eyes and eye infections. Always wash hands before handling contact lenses.

7. **Do not smoke**
   because smokers are twice as likely to lose their sight later in life. You have one pair of eyes for life, so look after them now.

8. **Be aware**
   of your family history of eye conditions, such as glaucoma and macular degeneration, and take professional advice on how to prevent or delay onset.

9. **Eat a balanced diet**
   including colourful fruit and vegetables, and maintain a healthy weight, to help prevent high blood pressure and diseases such as diabetes, which impact on eye health.

10. **Take prompt action**
    if you experience any change with your eyes, as prompt diagnosis and treatment can help reduce long term problems. Ask yourself: “Do my eyes look good, feel good and see well?”