

Did you know that you forget to **BLINK**  
when using **ELECTRONICS**?

# PRACTICAL EYE CARE FOR THE DIGITAL AGE



**TAKE  
FREQUENT  
BREAKS**

**REMEMBER 20/20/20**  
EVERY **20** MINUTES  
LOOK **20** FEET AWAY  
FOR **20** SECONDS



- TRY ARTIFICIAL TEARS
- BLOCK DIGITAL BLUE LIGHT
- SEE YOUR EYE DOCTOR!

**SPONSORED BY:**



**LEXINGTON  
LIONS CLUB**



MASSACHUSETTS  
EYE AND EAR



**Boston  
Children's  
Hospital**

Until every child is well™

**LexMedia**  
CHANNELING THE VISION

Special thanks to **Dr. Melanie Kazlas** of Boston Children's Hospital,  
Massachusetts Eye and Ear, and Harvard Medical School.

For more information, visit [LexingtonLions.org](http://LexingtonLions.org)

Graphic Design: Sarah Liu, Jane Foti