

Tuesday, 28 March 2023



This leaflet, to support the Community Pharmacy Living Well campaign, gives the top tips to help keep your eyes in good shape and help prevent sight loss. These include getting your eyes tested regularly, protecting your eyes by wearing sunglasses and goggles when needed, stopping smoking, taking breaks from screens, eating healthily and staying active.

A large print accessible Word version of this leaflet is available to download below.

## Details

Format

A5 8 pages

Target group

General public

# Downloads

Attachment	Size
<a href="#">A5 leaflet Look after your eyes_0.pdf</a>	2.17 MB
<a href="#">Look after your eyes - tips to help keep your eyes in good shape.docx</a>	18.32 KB

## Tags

- [eye sight](#)
- [sight loss](#)
- [Living well](#)
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