



Look after your eyes

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.

Published

28 March 2023

Last reviewed

28 March 2023

Details

Format

A5 8 pages

Target group

General public

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