Eye Health

The Basics

- Make sure to always wash your hands before touching your eyes to prevent infection.
- When bathing, try your best to use water only one time through. Don't reuse water after bathing with it.
- Close your eyes to prevent dirty water from entering your eyes.
- Using unsterilized water can lead to eye infections.
- Stay out of sun as much as possible and wear protective eyewear and hats to limit your exposure. Long exposure to sun can lead to eye damage.

Signs of Eye Infection

- ❏ Redness and itching
- ❏ Discharge of pus in the eye
- ❏ Swollen eyelids
- ❏ Sensitivity to bright light

If any of these symptoms appear, consult a doctor immediately.

What to Eat

1. **Lutein and Zeaxanthin** both help protect the eyes' tissue, lens, and macula to clear vision. Both are found in many foods, including leafy green vegetables, egg yolks, citrus fruits, and orange veggies.

2. **Vitamin C** helps you absorb nutrients along with repairing damaged tissues and reduce inflammation. Foods with vitamin C are most fruits and vegetables.

3. **Vitamin E** decreases the risk of age-related eye issues. Foods to eat include leafy vegetables along with nuts and legumes.

4. **Zinc** helps protect the retina and reduce the risk of macular degeneration. Foods with the most zinc include red meat and poultry, along with beans, nuts, and seafood.

How to Use Eye Wash

1. Wash your hands before touching your eyes.

2. Tilt your head back and pull down your lower eyelid with your fingertip.

3. With your other hand, hold the bottle and squeeze a light stream of solution into your eye.

Something in Your Eye

o Wash your hands before touching your eyes.

o Try to blink to allow tears to flush it out.

o If needed, pull your upper eyelid out and over your lower eyelid to flush out the eye.