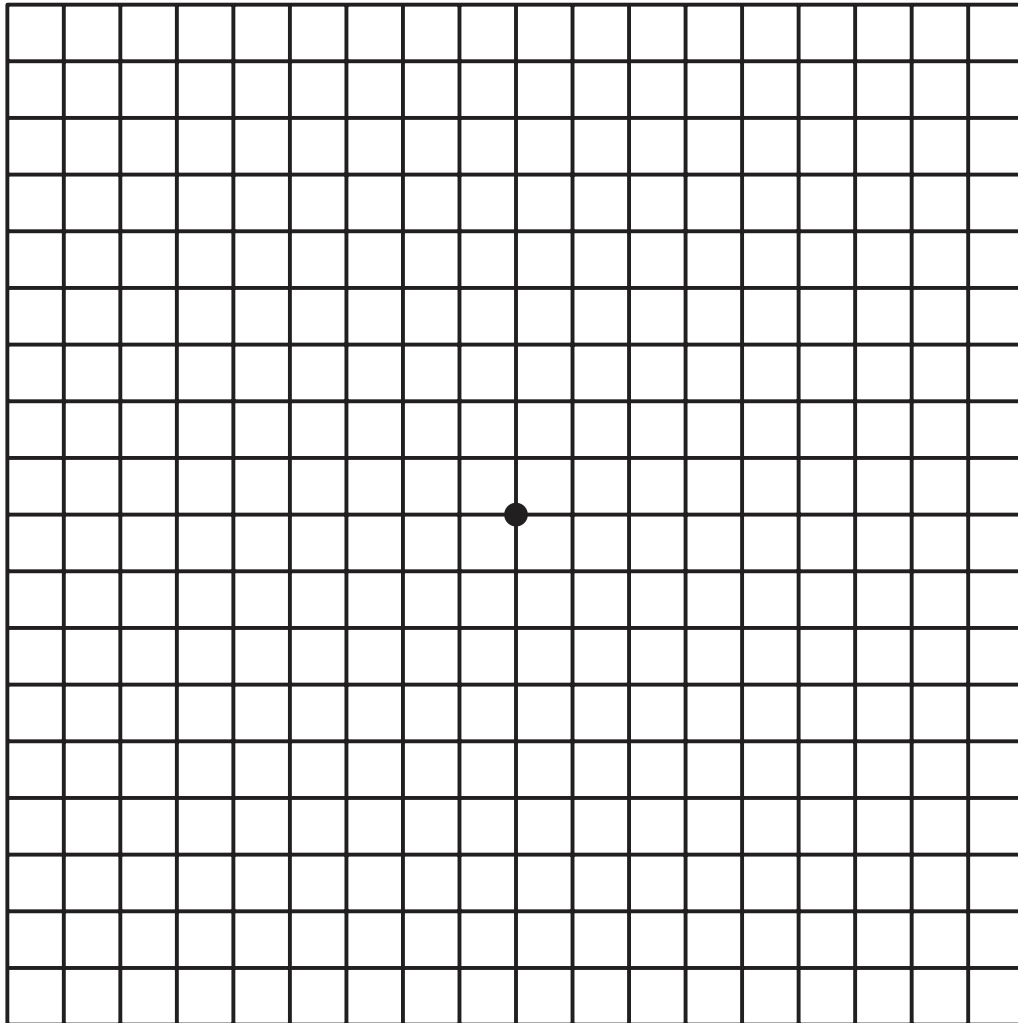


Check Your Eyesight Regularly with the Amsler Grid



The Amsler Grid is a square grid pattern with a dot in the middle. When used correctly, it can show problem spots in your field of vision. You'll find instructions for using an Amsler Grid overleaf.

TIP: Tape the grid somewhere like the refrigerator or bathroom mirror so you remember to use it regularly.

To check your vision, follow these simple steps:

1. Wear your normal reading glasses.
2. Place the grid 30-40cm from your face, in bright light, and at eye level.
3. Cover 1 eye.
4. Focus your uncovered eye on the centre dot.
5. Continue looking at the dot. Note if all grid lines look straight or if any lines or areas look blurry, wavy, dark, or blank in your side vision.
6. Repeat these steps with your other eye.

Repeat regularly for each eye.

If any sections appear blurry, wavy, darker, or blank, **contact your eye doctor or optometrist to have your vision checked.**

Remember, your eye doctor is the best person to check your eyesight and address questions or concerns you may have about your vision. This resource is not intended to replace advice from an eye care professional.