DELTA GAMMA PRESENTS

How to Protect Your Eyesight

Due to Covid-19 and transitioning to online classes, you most likely have an increase in computer usage. It is important more than ever to protect your eyesight. The Delta Gamma Foundation has been dedicated to sight conservation since 1936.

FOLLOW THE "20-20-20" RULE

Every 20 minutes, direct your gaze toward something at least 20 feet away from you, and do this for at least 20 seconds.

MAKE SURE THERE ARE NO REFLECTIONS ON YOUR SCREEN

Position your computer screen to avoid glare from the sun or weird reflection patterns that could strain your eyes more than usual.

KEEP THE SCREEN AN ARMS LENGTH AWAY

Make sure any screen you use is at least an arms length away to reduce the strain on your eyes.

DON'T FORGET TO BLINK

This one sounds a little silly, but it's surprising how serious it is. You can forget to blink when you're staring at a screen for long periods of time.

ADJUST YOUR SCREEN SETTINGS

Lowering the brightness, switching the color spectrum toward the yellow side, and inverting your colors into a black-and-white scheme are strategies for helping your eyes when looking at screens all day.

MOVE YOUR SCREEN SO YOUR EYES ARE LEVEL WITH THE TOP OF THE MONITOR

Moving your screen will allow you to look slightly down at the screen. Choose a comfortable chair that supports your head and neck.

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