

Where to get help?

See an optometrist* or an eye doctor if needed.

If you have any questions, call the Health Line at **1800 223 1313** to speak to a Nurse Advisor (available in 4 languages).

For more information, visit the Health Promotion Board website at **www.hpb.gov.sg**

***Optometrist:** Professional who measures or checks vision

Cherish Your Eyesight





Good eyesight lets you enjoy all the things you like doing with your family and loved ones.

If you experience any of the following, see your eye doctor as soon as possible:

- Cloudy, blurred or dim vision
- Fading or yellowing of colours
- Double vision or difficulty seeing clearly
- Severe pain in the eye, red eye or swelling of eyes

Early detection and treatment can prevent vision loss or prevent your eyesight from getting worse.

Taking care of your eyes

- See your optometrist for an eye check-up once a year.
- Wear sunglasses with ultraviolet (UV) ray protection when out in the sun.
- Eat 2 servings of fruit and 2 servings of vegetables every day – fruits and vegetables are rich in antioxidants which help to maintain your eyesight.
- Keep your chronic disease(s) under control. Uncontrolled high blood pressure or diabetes can lead to blurred vision and even blindness.
- Cut back on your cigarettes or consider quitting smoking. Smoking increases your risk of eye diseases, such as cataract and age-related macular degeneration.

