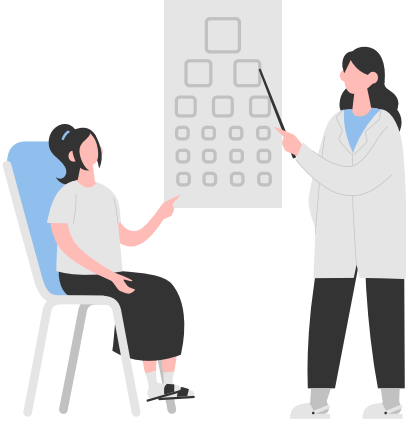


Eye Health Checklist



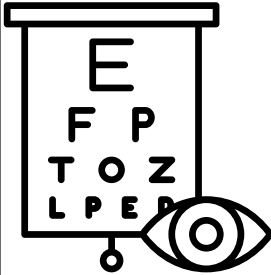
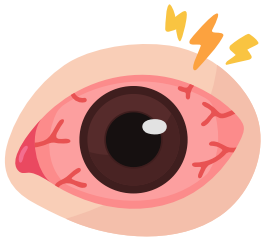
If you notice changes in your vision, you need to make an appointment for an eye check.

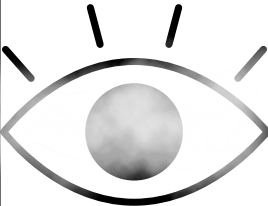


It might be helpful to write down the things which are bothering you about your eyes.



Here is a checklist to help you remember

		It is harder for me to see things
		Light hurts my eyes
		My eyes are sore and itchy
		It is harder to recognise people

		It is harder to see things close to me
		It is harder to see things far away
		Things look blurry
		Things look faded
		Things look dark at the edges