

Tips for comfortable computing

- **The 20-20-20 Rule:** Follow the 20-20-20 rule. After every 20 minutes of work, look 20 feet away from the computer screen and blink 20 times.
- **Eye-Movements:** Close your eyes roll your eyeballs both clockwise and anticlockwise after every 3 hours while using computer.
- **Maintain Distance:** Maintain a distance of 22 to 28 inches from the computer screen.
- **Maintain Level:** The center of the computer screen should be 4-5 inches below your eye level.
- **Right Posture:** Keep your wrists straight and not supported on some sharp edges and should not rest on the keyboard when typing.
- **Room Lighting:** Arrange the lighting in the room such that the glare and reflection in the screen are reduced to a minimum.
- **Anti-glare Screen:** Attach an anti-glare screen in front of your monitor.
- **Rest Breaks:** Rest your eyes for 15 minutes after two hours of continuous computer use.



■ What is the medical option for treating symptoms of CVS?

- Use of lubricant eye drops is recommended for treating symptoms of CVS.
- Lubricant eye drops are meant to provide moisturizing relief to the eyes.
- Lubricant eye drops help in soothing the eyes and relieving irritation, redness and eye strain. Your eye doctor can recommend the right lubricant eye drops for you.

■ How often can you use lubricant eye drops?

- Lubricant eye drops can be used whenever you experience irritation, burning and redness of the eyes. You can instill 1-2 drops of lubricant eye drops in a day as often as needed.

■ Are lubricant eye drops safe to use? Are there any side effects?

- Yes, lubricant eye drops are extremely safe to use. There are no significant side effects anticipated with their use, when used as directed.

■ Can you use lubricant eye drops with other medications?

- Yes, lubricant eye drops can be used safely with other medications.

■ What are the general precautions to be followed while using the drops?

- Followings are the precautions you need to take while using the eye drops:
 - To avoid contamination, do not touch tip of the bottle to any surface.
 - Replace cap after using.
 - If using multiple eye drops wait for 5 minutes between the eye drops.