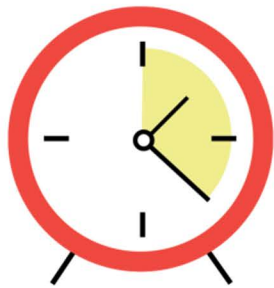
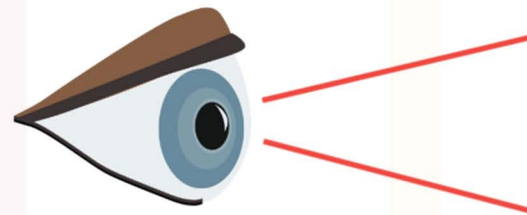


The 20/20/20 Rule

Taking breaks from the screen will help alleviate eye strain.



Every
20
minutes



Look
20
feet away



For at least
20
seconds

Encourage frequent blinking.