




Healthy eyes are ready to read!



Connect with the Delta
Gamma Foundation online to
learn about the impact Delta
Gammas make in the visually
impaired community and for
sight preservation at
deltagamma.org/foundation.





Keep your eyes safe!

Did you know that 80% of vision problems worldwide are avoidable or even curable through prevention and treatment? Use the following tips from the National Eye Institute to keep your eyes healthy.

Have your eyes checked.

Visit your eye care professional for a comprehensive dilated eye exam.

Eat right to protect your sight.

Eating a diet rich in fruits and vegetables is important for keeping your eyes healthy.

Quit smoking or never start.

Smoking is as bad for your eyes as it is for the rest of your body.

Give your eyes a rest.

Give your eyes a rest by looking at something in the distance for 20 seconds every 20 minutes.

Use sunglasses.

Choose sunglasses that reduce glare, filter 99-100% of UVA and UVB light, do not distort colors and protect your eyes from the elements.

Use contact lenses correctly.

Wash your hands, disinfect contact lenses as instructed and replace them as appropriate.

