

# DR. OPTICAL'S JANUARY

## ACTIVITY PAGE



Dr. Optical and Miss Illusion like January because they can stay warm inside and have fun playing video games and e-mailing their friends on their new computer. They want to tell you, however, that you can strain your eyes if you use your computer for too long. Take their computer

Eye-Q test then go outside and get some fresh air! Don't peek at the answers at the bottom of the page!

### COMPUTER EYE-Q TEST

1. Which of the following symptoms are caused by sitting at the computer for too long--tired eyes, squinting, headaches, dry or itchy eyes, blurry vision, and pain or stiffness in the neck, back or shoulders?  
 True  False
2. Eye strain can cause permanent damage to your eyes.  True  False
3. Improper lighting may cause eye strain.  True  False
4. Adjusting the size of the type, or font, will help you avoid eye strain.  
 True  False
5. Taking breaks every 15 or 20 minutes to rest your eyes will help you avoid eye strain.  True  False
6. Avoiding glare on the computer screen will help you avoid eye strain.  
 True  False

#### Computer Eye-Q Test Answers

1. All of these symptoms can be caused by sitting at the computer for too long.
2. FALSE--eye strain does not cause permanent damage to your eyes but the symptoms can be unpleasant.
3. TRUE--adjust the settings on your computer so that you have a clear contrast between the words and the background.
4. TRUE--enlarge the type size to make seeing words easier.
5. TRUE--Take breaks or work on a task that doesn't involve the computer like playing or taking a walk.
6. TRUE--move lamps or close curtains or blinds so that light doesn't shine directly on the screen.