



TECH AND VIRTUAL LEARNING NOTICES

## 6 tips to help when you have a lot of screen time:



0.1

Make sure your glasses or contacts prescription is up to date and good for looking at a computer screen.



0.2

Move the screen so your eyes are level with the top of the monitor. That lets you look slightly down at the screen.



0.3

Choose a comfortable, supportive chair. Position it so that your feet are flat on the floor.



0.4

Try to avoid glare from windows and lights. Use an anti-glare screen if needed.



0.5

If your eyes are dry, blink more or try using artificial tears.



0.6

Rest your eyes every 20 minutes. Look 20 feet away for 20 seconds. Get up at least every 2 hours and take a 15-minute break.