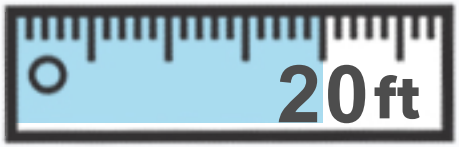
20-20-20 RULE

Every 20 minutes

Take a 20 second break



And look at something 20 feet away

ALL ABOUT VISION