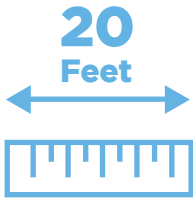


# ¡Eye, caramba! Save your eyes and take a break

Whether you're scrolling through Twitter or typing documents, staring at a screen for extended amounts of time can cause problems. Follow these steps to reduce strain on your eyes.



For every 20 minutes of screen time...



Look at something at least 20 feet away...



For at least 20 seconds.