



Eyestrain from computer use

Persons who use computers at work and/or at home may notice eyestrain.



SIGNS & SYMPTOMS

- Eye discomfort or irritation. This includes dry, red, and/or watery eyes.
- Eye fatigue
- Having a hard time focusing
- Back pain, shoulder pain, and headaches may also occur.

CAUSES

The cause of eyestrain is frequently from focusing on a screen for long periods, improper positioning of the screen, poor lighting, and/or poor posture.

A pre-existing eye problem may also be the cause.

TREATMENT

Self-care measures prevent and treat eyestrain when using computers.

TRIAGE QUESTIONS



Do you still have signs and symptoms of eyestrain despite using self-care measures?



NO

YES

CALL DOCTOR

USE SELF-CARE

SELF-CARE / PREVENTION

- Place the screen so that your line of sight is 10 to 15 degrees (about one-third of a 45-degree angle) below horizontal.
- Position the monitor about 2 feet away from your eyes. This is a little farther away than normal reading distance.
- Dust the screen often.
- Reduce glare. Place the monitor at right angles to a window. Turn off or shield overhead lights. Wear a visor to block them, if needed.
- Place your paperwork close enough that you don't have to keep refocusing when switching from the screen to the paper. Use a paper document holder placed at the same height as the screen.
- Blink often to keep your eyes from getting dry. Use "artificial tear" eyedrops, if needed.
- Tell your eye specialist that you use a computer. With bifocals, the near-vision part of the lens is good for looking down, as when you read, but not for looking straight ahead, as when you look at a monitor. You may need single-vision lenses for computer work.
- If the image on the screen is blurred, dull, or flickers, have it serviced right away.