

# BACK TO SCHOOL VIRTUALLY?

**For Healthy Vision:**

## 20/20/20

Every 20 minutes, look  
at something 20 feet  
away for 20 seconds

## GET OUTSIDE

30-120 minutes of  
outdoor time every day

## GET OFFLINE

Reduce recreational screen  
time outside of school hours



**Prevention of Blindness Society**  
of Metropolitan Washington®

[youreyes.org](http://youreyes.org)

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