



September 3, 2020

Dear colleagues,

This time of year marks the changing of seasons, the return of students to their schools, and with COVID-19 present, this annual change looks very different from years past.

In many countries, virtual learning has become a prominent part of students' lives and with the increase in screen time, will come more complaints of vision issues. These complaints of eye strain and dry eyes are known as Computer Vision Syndrome (CVS). Also known as digital eye strain, CVS can easily develop for those that spend extended periods of time in front of a screen.

We can minimize these symptoms by following a few simple tips:

- adjusting your screen and surroundings to avoid glare by positioning the light behind the user
- following the 20/20/20 rule:
 - every 20 minutes, take a 20 second break and look 20 feet away (ca 6 meters)
- sitting with correct posture with the screen at eye level and 18-24 inches away (ca 45-60 centimetres)
- remembering to blink frequently to help avoid dryness

Additional precautions you can take are on our [infographic](#) which we encourage you to share with your community to spread awareness. CVS can affect both children and adults, so it is important to raise awareness in office, educational, and home settings.

We understand that day-to-day life is vastly different than it was, but if we work together to fight the spread of COVID-19 and encourage healthy habits, we can achieve a healthier world.

Please be sure to continue to wash your hands, wear a mask, socially distance, and take care of yourself as we work for a better future. If you are visually impaired and would like an alternate format of this statement, please email enquiries@worldoptometry.org.

Sincerely,

Paul Folkesson, WCO President