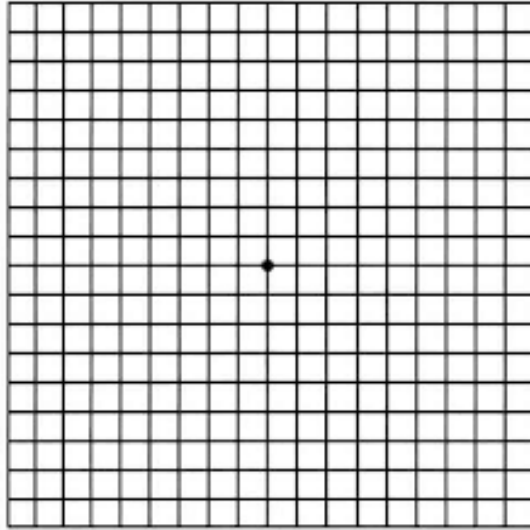


AMSLER GRID EXAM



1. Hold this chart at a comfortable reading distance (approx. 30cm).
Wear your reading glasses or contact lenses.
2. Cover one eye and focus on the black dot in the middle of the grid.
3. Cover the other eye and repeat the test.
4. If the lines appear to be wavy, broken, dim, or fuzzy, schedule an eye exam with an eye health professional urgently.

While this is a useful tool that can help detect vision problems resulting from damage to the macula (the central part of the retina) or the optic nerve, it should not substitute regular eye examinations with your eye health professional.



Scan to Download Your Amsler Grid