

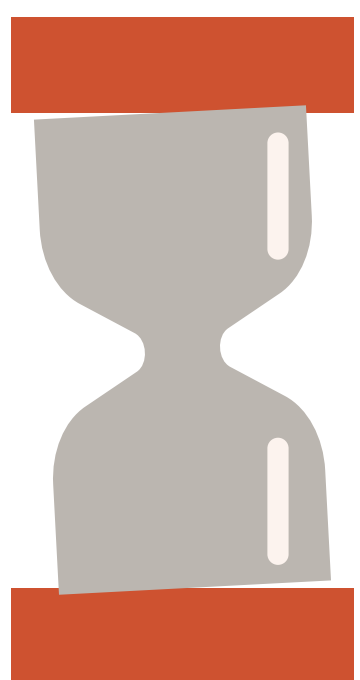
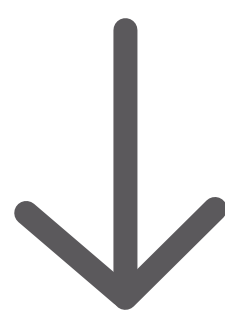
Eye strain strategies



20

MINUTES

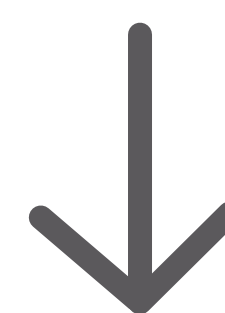
Take a break
from your screen
every 20 mins



20

SECONDS

For 20 seconds



20

FEET

Look 20 feet
(6 metres) away



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