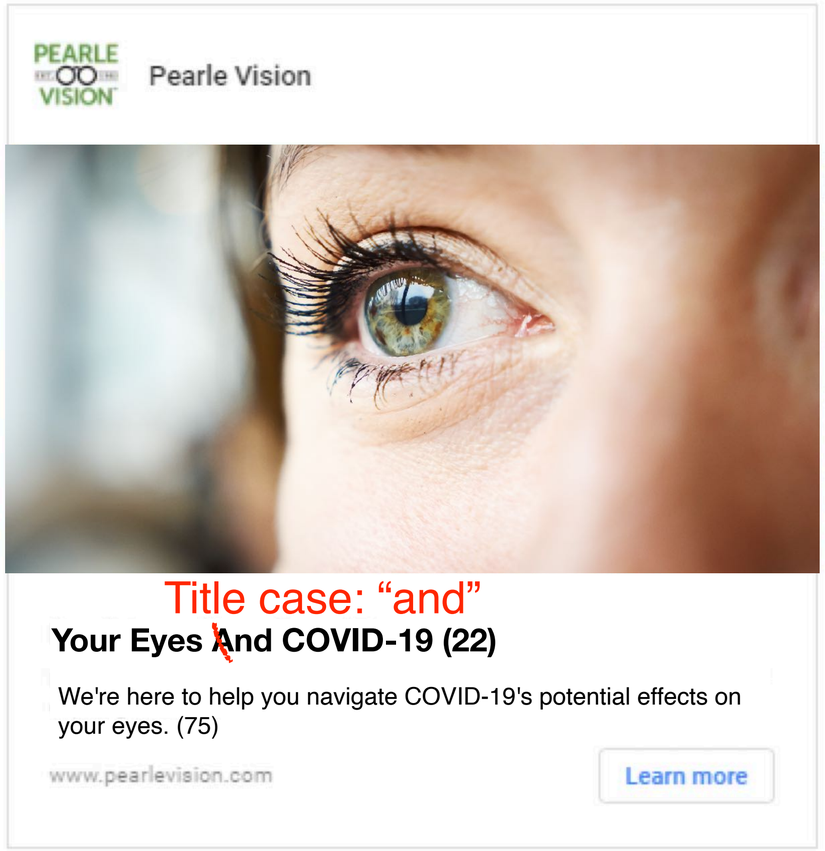
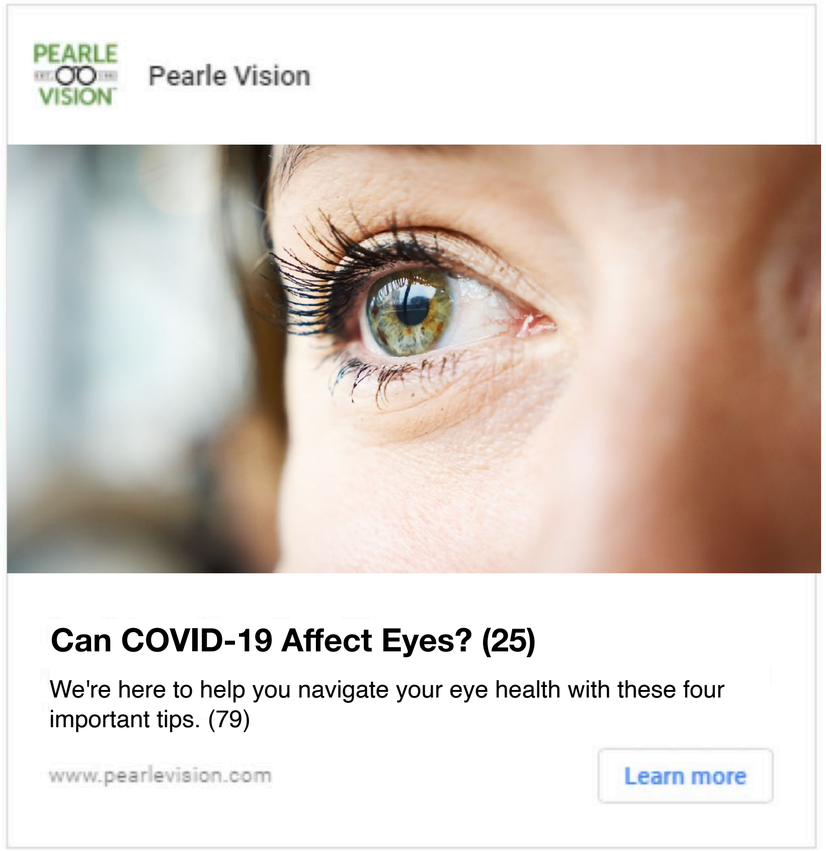
Title case: “and”

Your Eyes And COVID-19

CPOEE Units



Regular Units



Your Eyes And COVID-19

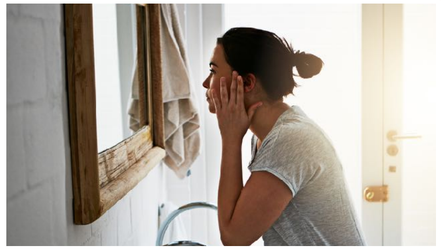
"information about COVID-19 symptoms and risk to sift through."

There is a lot of information to sift through about COVID-19 symptoms and risk. At Pearle Vision, we want to make sure you have accurate information on how COVID-19 could potentially affect your eyes. Here is some accurate and useful information about the virus and your eye health to help keep you and your family safe.

1. COVID-19 can be contracted through your eyes

COVID-19, also called Coronavirus, is airborne and most often spread person-to-person when a sick person coughs or sneezes. But, the virus can also be spread through your eyes and contracted through your nose and mouth. Another way the virus can be spread is through contact with an object which a sick person touched, then touching your own eyes.

"that"



COVID-19 is the respiratory disease caused by the novel coronavirus, so it's not quite correct to say "COVID-19 is airborne." I'd suggest changing this sentence to "The coronavirus, which causes COVID-19, is airborne . . ."

2. Glasses could help prevent getting COVID-19

Glasses and sunglasses could help protect your eyes from infected respiratory droplets by adding an extra layer of protection. Limiting your contact with your face is crucial right now and glasses also serve as a great reminder to not touch your face.



Your Eyes And COVID-19

Would it be more effective to say “affects nearly 1 percent of COVID-19 patients”?

3. Coronavirus may cause pink eye

Pink eye is known to be connected to other respiratory sicknesses like colds and flus. It is hypothesized that it happens with COVID-19 as well. A recent study in China found conjunctival congestion, also known as pink eye, affects 0.8% of COVID-19 patients. Watch out for symptoms like redness in your eyes' inner corner, more tears than normal, burning and itchy eyes, and blurred vision.

“such as”



“your”

It’s more important than ever to stay safe and look out for your eye health, and Pearle Vision is here to care for you and your family’s eyes. We’re open for all of your eye care and eyewear needs. Visit your local EyeCare Center or schedule an exam today.

Sources:

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Keep Your Eyes Healthy

CPOEE Units

Pearle Vision



Keep Your Eyes Healthy (22)

"your"

We're open to ensure your and your family's eyes are healthy and seeing clearly. (78)

www.pearlevision.com

Learn more

Regular Units

Pearle Vision



Keep Your Eyes Healthy (22)

These important tips will help keep your family's eyes healthy during this difficult time. (90)

www.pearlevision.com

Learn more

Keep Your Eyes Healthy

From cleaning your glasses more regularly to remembering to wash your hands, we have some helpful tips on how to keep your eyes as healthy as you can during this pandemic.

I'd suggest either: "consider switching from contact lenses to glasses" OR "consider opting for glasses instead of contact lenses"

1. Switch from contacts to glasses

Right now, it is recommended people consider switching from their contact lenses and opt for their glasses to prevent the spread of COVID-19. Limiting your contact with your face is crucial right now and glasses serve as a great reminder to not touch your face. If you do need or want to wear contacts, be sure to wash your hands throughly before and after application and taking them out.

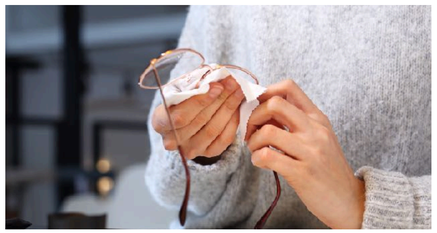
"thoroughly"

"removal"



2. Disinfect your glasses often

It's crucial to remember to disinfect your glasses every morning before using them to avoid any possible infection. However, it is important to note that using alcohol or hand sanitizer to disinfect your glasses can damage the coating on your lenses. Try using a lens wipe or dish soap instead.



Keep Your Eyes Healthy

3. Wash your pillowcases often
While at home, people have been more focused on cleaning and disinfecting than ever. However, it is important to remember to clean one crucial item: your pillowcase. Wash your pillow case 1-2 times a week to avoid coming in contact with any eye-infecting COVID-19 pathogens.



4. Avoid rubbing your eyes
It's a hard habit to break, but not rubbing your eyes will lower your risk of infection. If you must, use a tissue to touch your eye to avoid any virus contraction. Keep a tissue box on hand and remember to wash your hands with soap and water for 20 seconds before and after.



Keep Your Eyes Healthy

5. Pick up some eye medicine
If you have to stay home for extended periods for health or safety reasons, remember to add eye health supplies to your shopping list. Extra eye drops or a refill on your prescription can come in handy.



"your"

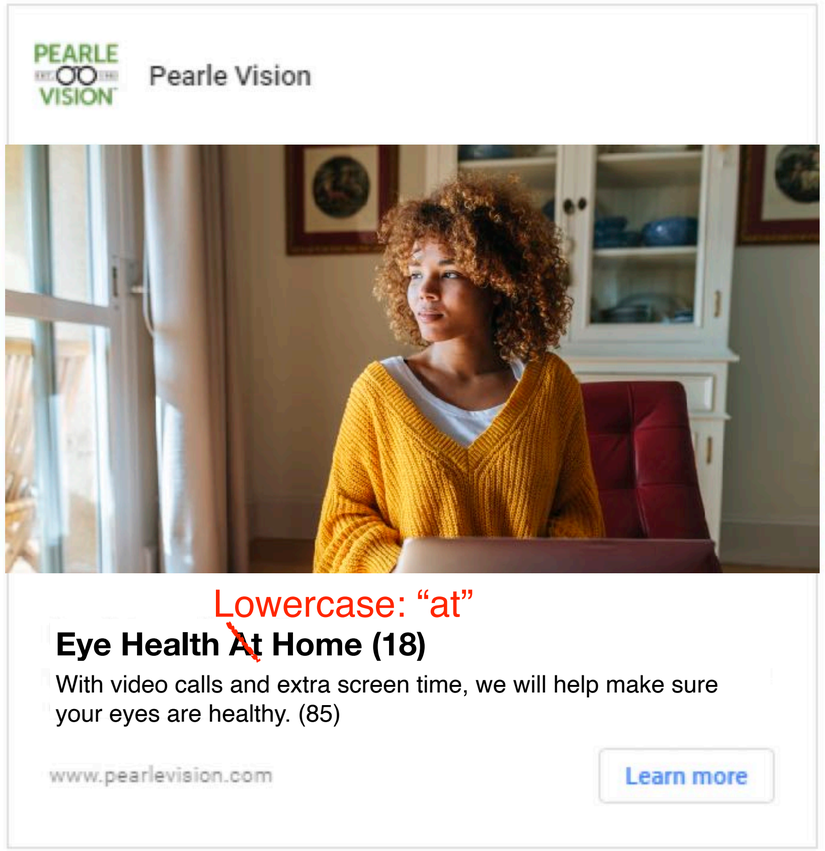
It's more important than ever to stay safe and look out for your eye health, and Pearle Vision is here to care for you and your family's eyes. We're open for all of your eye care and eyewear needs. Visit your local EyeCare Center or schedule an exam today.

Sources:
https://www.aao.org/eye-health/coronavirus
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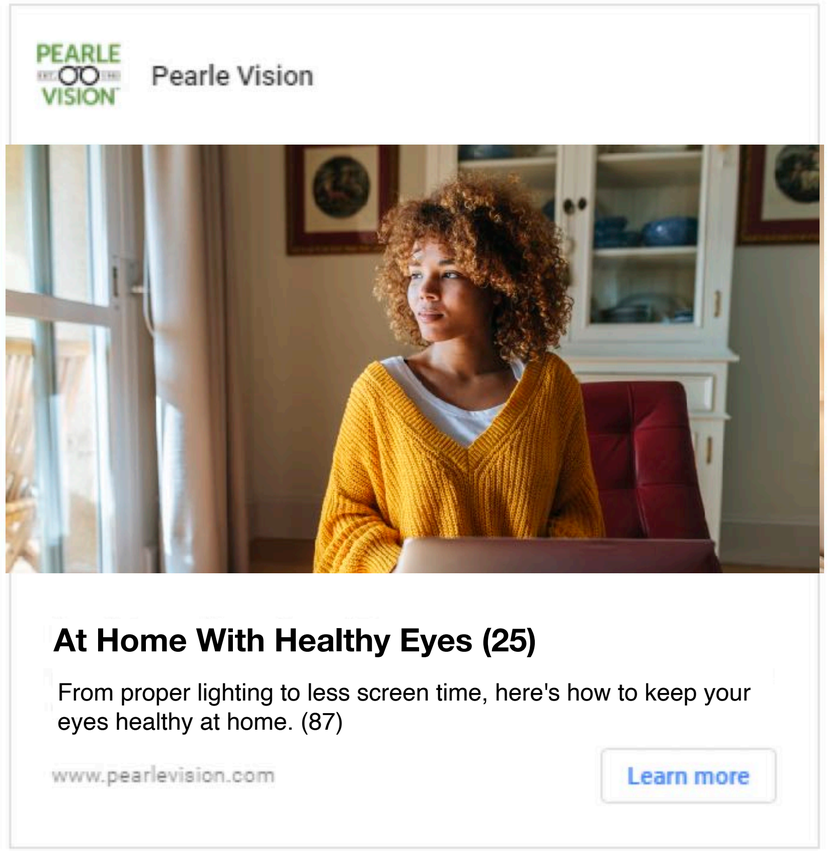
Lowercase: “at”

Eye Health At Home

CPOEE Units



Regular Units



Lowercase: “at”

Eye Health At Home

What has it been like spending more time at home? Are you feeling the struggle or are you thriving? With an increased amount of time inside and in front of screens, eye health is a major priority. We gathered some helpful tips to keep your eyes healthy and seeing clearly as you spend more time at home.

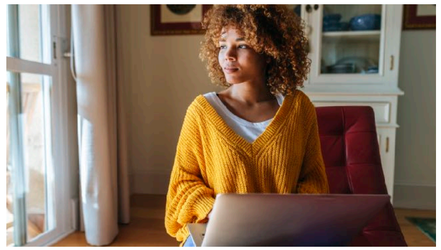
1. Practice the 20-20-20 rule

“it’s”

With our current world transitioning to virtual connection, its important to ~~have~~ take care of your eyes while looking at a screens like your laptop or phone all day. Remember the 20-20-20 rule, look 20 feet away for 20 seconds every 20 minutes to avoid any digital eye strain. Further protect your eyes from digital eye strain with computer glasses with blue light lenses.

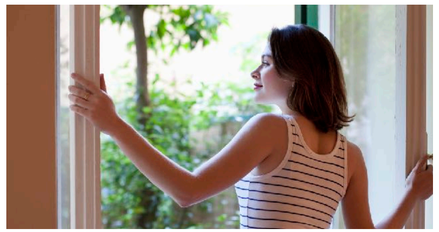
Insert colon: “rule: look”

“blue-light-blocking lenses”



2. Improve the air quality of your space

Spending so much time inside can cause dry eyes. Prevent any discomfort by using a humidifier or adjusting the thermostat in your home to reduce blowing air. Moving your work space to different areas of your home can also help reduce dry eye by preventing dry moving air on your eyes and face.



Lowercase: “at”

Eye Health At Home

3. Look out for lighting problems

“screen-related”

When watching TV in the dark or spending time on your computer, it is easier on the eyes to keep the lights on and low so you can avoid screen eye strain. If you're reading in the dark, try to position your reading light behind you to illuminate the pages. Direct extended exposure to the reading light can strain your eyes.

Delete extra space.



4. Take a break with your family

“strain”

“your”

Besides Beside watching out for your own digital eye stain, watch out for your children's eyes while they are binging movies and playing video games. Give you and your children's eye a break from screens to avoid digital eye strain. Try taking outdoor breaks as a family or group activities like board games.

“eyes”

“such as”



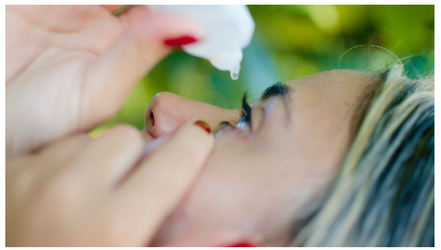


Lowercase: “at”

Eye Health At Home

5. Keep artificial tears on hand

Lots of time inside and looking at screens means higher risk for dry eyes. Ease your worries and keep a bottle of over-the-counter eye drops to keep your eyes healthy and feeling refreshed.



Insert hyphen: “eye-healthy foods”

6. Incorporate some eye healthy foods into your lunch

More time at home means more time to experiment with your lunches. Add a big side of carrots rich in beta carotene to your lunch or start cooking with Vitamin A packed chicken to boost your vision health and your immune system.

Chicken has a relatively low daily value of vitamin A. Do you mean “protein-packed chicken”?



“your”

It’s more important than ever to stay safe and look out for your eye health, and Pearle Vision is here to care for you and your family’s eyes. We’re open for all of your eye care and eyewear needs. Visit your local EyeCare Center or schedule an exam today.

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