




<p><b>General Health Guidelines:</b></p> <ul style="list-style-type: none"> <li>• Get an annual eye exam per your Primary Care Physician's orders</li> <li>• Know your family eye health history</li> <li>• Eat right to protect your sight</li> <li>• Maintain a healthy weight</li> <li>• Wear protective eyewear when gardening, playing sports, or using household chemicals</li> </ul>	<ul style="list-style-type: none"> <li>• Don't smoke</li> <li>• Reduce eye strain by limiting computer use</li> <li>• Wash your hands thoroughly</li> <li>• Avoid rubbing or touching your eyes</li> <li>• Wear sunglasses to protect eyes from the sun's ultraviolet rays</li> </ul>
<p><b>Green Flags – All Clear</b> </p>	
<p><b>If you have:</b></p> <ul style="list-style-type: none"> <li>• No eye pain</li> <li>• Clear vision</li> </ul>	<p><b>What this means:</b></p> <ul style="list-style-type: none"> <li>• Your symptoms are under control</li> </ul>
<p><b>Keep up the great work!</b></p>	
<p><b>Yellow Flags – Caution</b> </p>	
<p><b>If you have:</b></p> <ul style="list-style-type: none"> <li>• Red, dry, itchy, irritated, burning and/or tearing eyes</li> <li>• Blurry or cloudy vision</li> <li>• Bump or spot (white, red, yellow, or brown) along the inner eyelid</li> <li>• Whites of your eyes turn yellow</li> <li>• A small blind spot in your vision</li> <li>• Shimmering lights or wavy lines in your vision</li> <li>• Disappearing eyebrows</li> <li>• Seeing halos around lights</li> <li>• White of your eye turns red</li> <li>• Thick green or white discharge</li> <li>• Difficulty closing one eye</li> </ul>	<p><b>You may have:</b></p> <ul style="list-style-type: none"> <li>• Allergies</li> <li>• Computer vision syndrome</li> <li>• A stye (bump) caused by a bacterial infection</li> <li>• A <i>chalazia</i> (small lump)</li> <li>• High cholesterol</li> <li>• Jaundice</li> <li>• Cataracts</li> <li>• Over- or under-active thyroid gland</li> <li>• A liver condition</li> <li>• Ocular migraine</li> <li>• Bell's palsy</li> </ul>
<p>Call your doctor, home health nurse, or eye doctor if symptoms do not improve.</p>	
<p>Name:</p>	
<p>Number:</p>	
<p><b>If you notice a Yellow Flag, work closely with your health care team.</b></p>	
<p><b>Red Flags—Stop and Think</b> </p>	
<p><b>If you have:</b></p> <ul style="list-style-type: none"> <li>• Sudden vision loss in one or both eyes</li> <li>• Sudden pain in your eye</li> <li>• Sudden double vision</li> <li>• Eye injury</li> </ul>	<p><b>What this means:</b></p> <p><b>This indicates you need to be evaluated immediately.</b>  <b>Follow these instructions:</b>  <b>CALL 9-1-1</b></p> <p>If possible, notify your health care provider's office</p> <div style="border: 1px solid black; padding: 5px;"> <p>Physician:</p> <p>Number:</p> <p>Instructions:</p> </div>
<p><b>If you notice a Red Flag, call 911—Emergency!</b></p>	

### Southeast Washington Aging and Long Term Care

At Aging and Long Term Care, we believe every adult deserves to live with dignity. We connect seniors, adults with disabilities and family caregivers to a full range of free and other community resources designed to offer you choice, improve your quality of life and respect your independence.

For more information, call Information and Assistance

**Yakima County:** 509-469-0500 -- [ADRCYakima@dshs.wa.gov](mailto:ADRCYakima@dshs.wa.gov)

**Kittitas County:** 509-925-8765 – [ADRCKittitas@dshs.wa.gov](mailto:ADRCKittitas@dshs.wa.gov)

**Benton/ Franklin County:** 509-735-0315 – [ADRCBenton-Franklin@dshs.wa.gov](mailto:ADRCBenton-Franklin@dshs.wa.gov)

**Walla Walla County:** 509-529-6470 – [ADRCWallaWalla@dshs.wa.gov](mailto:ADRCWallaWalla@dshs.wa.gov)

**Columbia County:** 509-382-4787 -- [ADRCcolumbia@dshs.wa.gov](mailto:ADRCcolumbia@dshs.wa.gov)

**Garfield County:** 509-843-3563 – [ADRCGarfield@dshs.wa.gov](mailto:ADRCGarfield@dshs.wa.gov)

**Asotin County:** 509-758-2355 – [ADRCAsotin@dshs.wa.gov](mailto:ADRCAsotin@dshs.wa.gov)

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