

General Health Guidelines:

- Get an annual eye exam per your Primary Care Physician's orders
- Know your family eye health history
- Eat right to protect your sight
- Maintain a healthy weight
- Wear protective eyewear when gardening, playing sports, or using household chemicals

- Don't smoke
- Reduce eye strain by limiting computer use
- Wash your hands thoroughly
- Avoid rubbing or touching your eyes
- Wear sunglasses to protect eyes from the sun's ultraviolet rays

Green Flags — All Clear

If you have:

- No eye pain
- Clear vision

What this means...

- Your symptoms are under control

Keep up the great work!

Yellow Flags — Caution

If you have:

- Red, dry, itchy, irritated, burning and/or tearing eyes
- Blurry or cloudy vision
- Bump or spot (white, red, yellow, or brown) along the inner eyelid
- Whites of your eyes turn yellow
- A small blind spot in your vision
- Shimmering lights or wavy lines in your vision
- Disappearing eyebrows
- Seeing halos around lights
- White of your eye turns red
- Thick green or white discharge
- Difficulty closing one eye

What this means...

You may have:

- Allergies
- Computer vision syndrome
- A *stye* (bump) caused by a bacterial infection
- A *chalazia* (small lump)
- High cholesterol
- Jaundice
- Cataracts
- Over- or under-active thyroid gland
- A liver condition
- Ocular migraine
- Bell's palsy

Call your doctor, consulting nurse, or eye doctor if symptoms do not improve.

Name:

Number:

Instructions:

If you notice a Yellow Flag, work closely with your health care team.

Red Flags—Stop and Think

If you have:

- Sudden vision loss in one or both eyes
- Sudden pain in your eye
- Sudden double vision
- Eye injury

What this means...

This indicates you need to be evaluated immediately.

Physician:

Number:

Instructions:

If you notice a Red Flag, call 911. Emergency!

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

Upper Valley Yakima County: 509-469-0500

Lower Valley Yakima County (Grandview): 509-402-0334

Benton County: 509-735-0315

Franklin County: 509-412-1013

Kittitas County: 509-925-8765

Walla Walla County: 509-529-6470

Columbia County: 509-382-4787

Garfield County: 509-843-3563

Asotin County: 509-758-2355

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