



If you have: • Your symptoms are under control • A chaize (small ump) • A chaize (small ump) • A small blind spot in your vision • Shimmering lights or wavy lines in your vision • Shite green or white discharge • Difficulty closing one eye • Thick green or white discharge • Difficulty closing one eye • If you notice a Yellow Flag, work closely with your health care team. Red Flags—Stop and Think • Sudden vision loss in one or both eyes • Sudden vision loss in one or both eyes	 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, play- ing 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
 No eye pain Your symptoms are under control Yellow Flags – Caution What this means Yellow Flags – Caution What this means You may have: Allergies Computer vision syndrome A ver (sump) caused by a bacterial infection A chalazia (small lump) High cholesterol Jaundice Cataracts Over - or under-active thyroid gland A liver condition Bell's palsy 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 have: Sudden vision loss in one or both eyes Sudden double vision Sudden vision loss in one or both eyes Sudden double vision Eye injury 		What this means
Yellow Flags – Caution What this means If you have: You may have: • Red, dry, itchy, irritated, burning and/or tearing eyes • Allergies • Blurry or cloudy vision • A stye (bump) caused by a bacterial infection • Mittes of your eyes turn yellow • A shall blind spot in your vision • Shimmering lights or wavy lines in your vision • A stye (bump) caused by a bacterial infection • Mittes of your eyes turns red • Over- or under-active thyroid gland • White of your eye turns red • Outlar migraine • Difficulty closing one eye • 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 What this means If you have: • Sudden vision loss in one or both eyes • Sudden vision • Sudden double vision • Sudden double vision • Physician: • Eye injury • Instructions:	No eye painClear vision	
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 Red, dry, itchy, irritated, burning and/or tearing eyes Blurry or cloudy vision Burry or cloudy vision A style (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 White of your eye turns red Thick green or white discharge Difficulty closing one eye Sudden vision loss in one or both eyes Sudden vision loss in one or both eyes Sudden pain in your eye Sudden pain in your eye Sudden double vision Eye injury 	Yellow Flags – Caution	What this means
Red Flags—Stop and Think What this means If you have: This indicates you need to be evaluated immediately. • Sudden vision loss in one or both eyes Fhis indicates you need to be evaluated immediately. • Sudden pain in your eye Physician: • Sudden double vision Number: • Eye injury Instructions:	 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 	 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 have: This indicates you need to be evaluated immediately. • Sudden vision loss in one or both eyes • Sudden pain in your eye • Sudden double vision • Physician: • Eye injury • Number: • Instructions: • Number:	If you notice a Yellow Flag, work closely with your health care team.	
 Sudden vision loss in one or both eyes Sudden double vision Eye injury Physician: Number: Instructions: 	Red Flags—Stop and Think 🏴	What this means
If you notice a Red Flag, call 911. Emergency!	 If you have: Sudden vision loss in one or both eyes Sudden pain in your eye Sudden double vision 	immediately. Physician: Number:
	If you notice a Red Fla	g, call 911. Emergency!



Eye Health Self-Management Plan

Southeast Washington Aging and Long Term Care

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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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