When reading, working or studying, be sure to have good lighting available. Soft background lighting plus a light on your task is optimal. Avoid glares on TVs and other electronic screens.

Give your eyes regular breaks from detailed work and visually demanding tasks. Remember to blink often and close your eyes to rest if they begin to feel tired or dry. A rule of thumb is the 20/20/20 rule of rest: Every 20 minutes, look about 20 feet away, for 20 seconds.

Always wear proper eye safety equipment for hazardous tasks such as contact sports, use of chemicals and yardwork. Wear UV-blocking sunglasses to protect your eyes. Too much UV exposure can damage your retina, causing vision loss and raise the risk of cataracts.

Avoid smoke, and other eye irritants such as dust and debris.

Get routine eye exams from your eye doctor. Be sure to get an appointment sooner if you notice changes in your vision.

Eat a well-balanced diet. Different types of fruits and vegetables – especially leafy greens and fish such as tuna, salmon, and halibut – have been shown to help your eye health and help prevent age-related vision problems.

Sources: Healthwise.net, nei.nih.gov