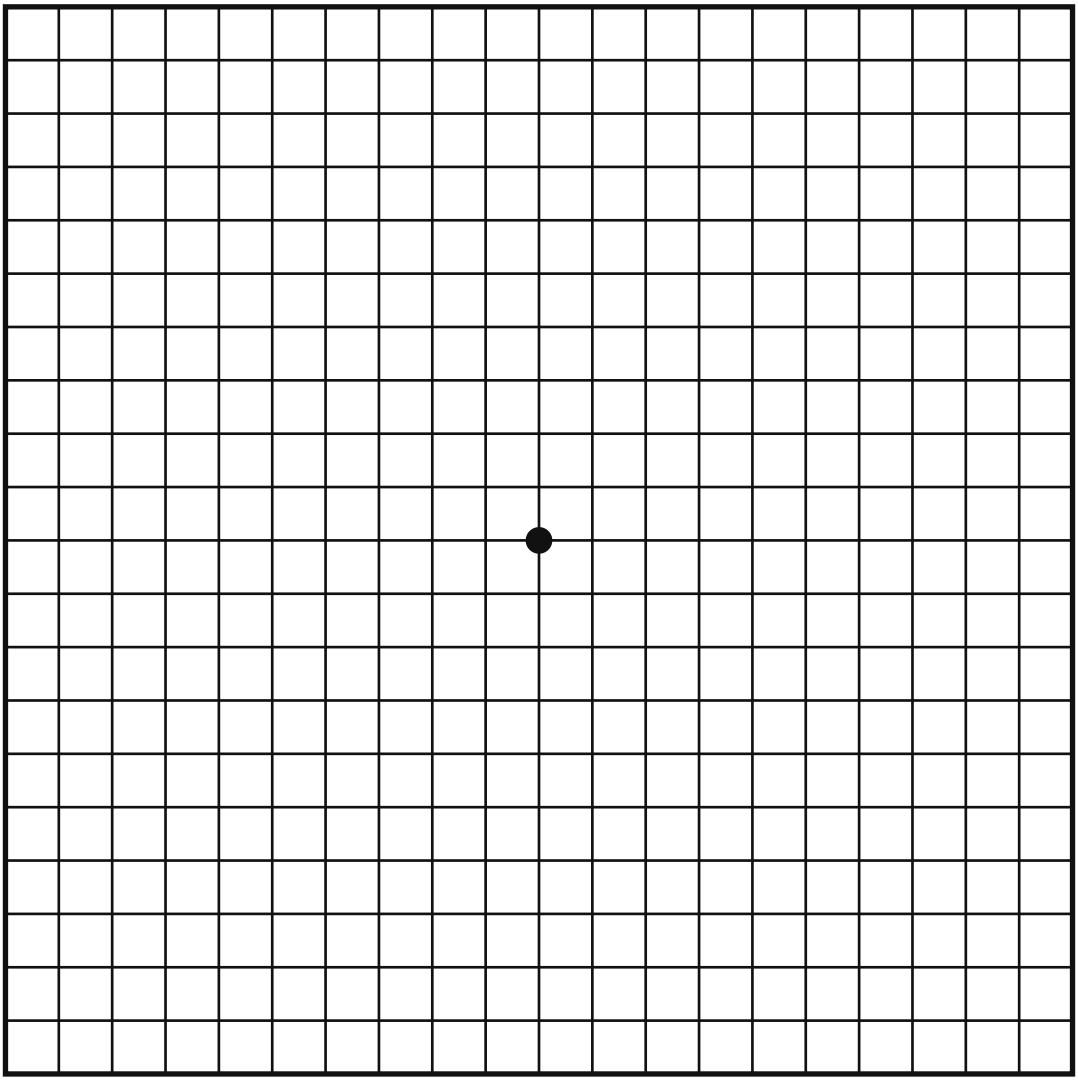
# Amsler grid

Hold the page at reading distance (about 35 cm) in good light, wearing your reading glasses.
Cover one eye and look at the central dot. Repeat with the other eye.
Contact the rooms promptly if lines look wavy, broken or blurred, or if any area is missing.



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This grid is a self-check tool and does not replace regular eye examinations.