



Use this Amsler grid to check your vision every day

How to use:

- Hold the grid 12 to 15 inches away from your face in a room where light is consistent and without glare.
- Put on your reading glasses and cover one eye.
- Fix your gaze on the center black dot.
- While keeping your gaze fixed on the dot, try to see if any lines look wavy or distorted, dark, black, or if any areas of the visual field are missing.
- Mark any defects you notice on the chart.
- Repeat the test for each eye separately.

If you notice any new or worsening distortion, it is advisable to see your eye doctor promptly.