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DO YOU NEED GLASSES? SOME SIMPLE VISION TESTS YOU CAN DO AT HOME

People of all ages require regular eye examinations to check vision and eye health. This chart provides a quick test to see how your reading and distance vision compares with expected or 'normal vision'

How to do the tests:

- Test one eye at a time (cover one eye but keep both eyes open)
- Wear your glasses or contacts if you usually do
- Do the tests in a well-lit room
- Do not squint, relax your eyes.

Reading Vision Test

Especially useful for people 40 years or older. Cover one eye at a time and hold this card at a normal reading distance (about 40cm from your eyes).

Can you read the bottom line on the chart below?

(Tick the box)
Right eye? Yes No
Left eye? Yes No

Wear your spectacles and cover one eye
Hold this card at 40 cm from your eye
Can you read the bottom line?

Distance Vision Test

Carry out the two tests below at 1.5m. (eg Place card on floor and tilt head down).

Z H U F V
F V R N E

R N F Z P
P U H E R

1.MYOPIA

Can you read ALL the black and grey letters with each eye?

(Tick the box)

Right eye? Yes No
Left eye? Yes No

2.ASTIGMATISM

Do any of these lines appear much darker than others with each eye?

(Tick the box)

Right eye? Yes No
Left eye? Yes No



If you marked any of the red boxes, call and make an appointment and bring this section with you.

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