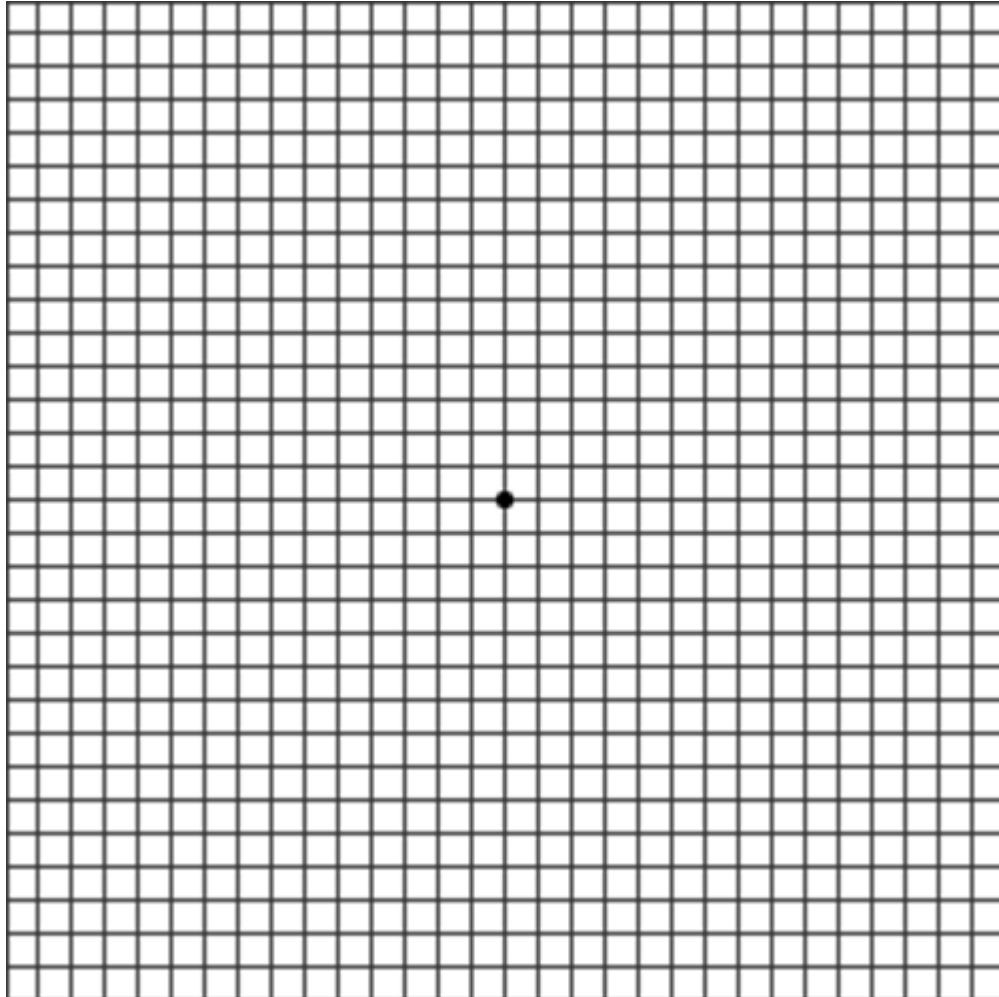


# AMSLER'S CHART TO TEST YOUR SIGHT



## Instructions For Use

1. Print this page.
2. Tape this page at eye level and where light is consistent and without glare.
3. Put on your reading glasses and cover one eye.
4. Fix your gaze on the center black dot.
5. Keeping your gaze fixed, try to see if any lines are distorted or missing.
6. Mark the defect on the chart.
7. TEST EACH EYE SEPARATELY.
8. If the distortion is new to you or has worsened, arrange to see your ophthalmologist at once.
9. *Always* keep the Amsler's Chart the *same distance* from your eyes each time you test.
10. Print new copies of Amsler's Chart as needed.