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When it comes to watching out for your eyes, there's a lot more to vision checkups than new glasses—including these five tips:

1. See an eye doctor to detect and prevent eye disease.
2. Wear sunglasses to block out harmful UV rays.
3. When working around sparks or flying debris, wear eye protection.
4. Periodically shift your focus and blink to prevent strain and dryness.
5. Be strategic about the lighting in your home or workspace.



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