



## Tips for relieving dry eyes

Tears help prevent dry eyes and let your eyes see clearly, with no pain. When you don't have the right amount of tears or have poor-quality tears, you may have dry eye syndrome. Dry eyes can happen for reasons such as eyelid problems, staring at a computer screen, being in dry air, or because of aging.\* Symptoms include a gritty feeling, pain, redness, blurred sight, or the feeling of having something in your eye.\*

### Eye drops for dry eyes

If dry eyes are bothering you, you can buy moisturizing eye drops over the counter. Eye drops are sometimes called artificial tears, and they help add moisture to the eyes. They can be effective at soothing tired or dry eyes. If your eyes still bother you after using eye drops, check with your doctor to find out if there might be another reason.

### Regular eye exams for vision health

Having a complete eye exam is the first step toward taking good care of your eyesight and protecting it for years to come.

**For more information on eye health and how to protect your vision, talk with your Blue View Vision network eye care provider.**

\*All About Vision website: Dry eye syndrome: Symptoms and causes (accessed September 2020): [allaboutvision.com](http://allaboutvision.com).