

Vision Testing at Home

1. Please wear your normal glasses, contact lenses, or reading glasses. T
2. Print out and tape the vision chart (Vision chart - adults) on a wall at eye level
3. Stand or sit 10 feet away from the eye chart
4. With your glasses or contact lenses in place a cover (such as a tissue) over the left eye
5. Read the smallest letters you can see using the right eye
6. Record the numbers to the side of the smallest letters that you were able to read (eg. 20/20)
7. Then repeat these steps with the right eye covered and read with your left eye.

You can record your vision below

	Right eye	Left eye
Home Visual Acuity Testing:	20/_____	20/_____

<https://www.aao.org/eye-health/tips-prevention/home-eye-test-children-adults>