



# 网络课程期间视力健康提示

凯瑞中文学校温馨提示同学们注意网课期间的用眼健康!

CCS warmly reminds all students to pay attention to vision health during online courses.



## 8 TIPS HEALTHY VISION



Eat healthy food



Get moving



Drink lots of water



Distance Adjustment



Proper lighting



Exercise your eyes

**20|20|20**

**Rule**

Give your eyes a break



Sleep well

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