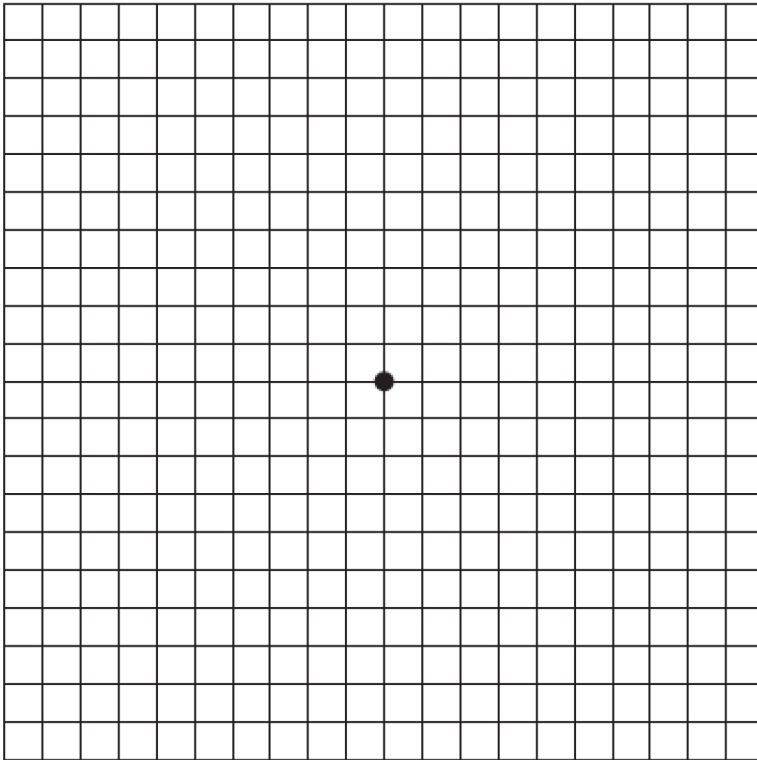


Amsler Grid



Use this Amsler grid to check your vision every day.

How to use:

- Wear the eyeglasses you normally wear when reading.
- Position the chart 14 inches away from your face.
- Cover one eye at a time with your hand.
- Stare at the dot in the center. Do not let your eye drift from the center dot.
- Contact your eye care doctor immediately if any of the straight lines appear wavy or bent, any of the boxes differ in size or shape from the others, or any of the lines are missing, blurry or discolored.

Monitoring your vision every day is important - print out this grid and keep it in a convenient place.

MacularHope.org

