




<p><b>General Health Guidelines:</b></p> <ul style="list-style-type: none"> <li>• Get an annual eye exam per your Primary Care Physician's orders</li> <li>• Know your family eye health history</li> <li>• Eat right to protect your sight</li> <li>• Maintain a healthy weight</li> <li>• Wear protective eyewear when gardening, playing sports, or using household chemicals</li> </ul>	<ul style="list-style-type: none"> <li>• Don't smoke</li> <li>• Reduce eye strain by limiting computer use</li> <li>• Wash your hands thoroughly</li> <li>• Avoid rubbing or touching your eyes</li> <li>• Wear sunglasses to protect eyes from the sun's ultraviolet rays</li> </ul>
<p><b>Green Flags – All Clear</b> </p>	
<p><b>If you have:</b></p> <ul style="list-style-type: none"> <li>• No eye pain</li> <li>• Clear vision</li> </ul>	<ul style="list-style-type: none"> <li>• Your symptoms are under control</li> </ul>
<p><b>Keep up the great work!</b></p>	
<p><b>Yellow Flags – Caution</b> </p>	
<p><b>If you have:</b></p> <ul style="list-style-type: none"> <li>• Red, dry, itchy, irritated, burning and/or tearing eyes</li> <li>• Blurry or cloudy vision</li> <li>• Bump or spot (white, red, yellow, or brown) along the inner eyelid</li> <li>• Whites of your eyes turn yellow</li> <li>• A small blind spot in your vision</li> <li>• Shimmering lights or wavy lines in your vision</li> <li>• Disappearing eyebrows</li> <li>• Seeing halos around lights</li> <li>• White of your eye turns red</li> <li>• Thick green or white discharge</li> <li>• Difficulty closing one eye</li> </ul>	<p><b>You may have:</b></p> <ul style="list-style-type: none"> <li>• Allergies</li> <li>• Computer vision syndrome</li> <li>• A stye (bump) caused by a bacterial infection</li> <li>• A <i>chalazia</i> (small lump)</li> <li>• High cholesterol</li> <li>• Jaundice</li> <li>• Cataracts</li> <li>• Over- or under-active thyroid gland</li> <li>• A liver condition</li> <li>• Ocular migraine</li> <li>• Bell's palsy</li> </ul>
<p>Call your doctor, home health nurse, or eye doctor if symptoms do not improve.</p> <p>Name:</p> <p>Number:</p> <p style="background-color: #FFFF00; text-align: center;"><b>If you notice a Yellow Flag, work closely with your health care team.</b></p>	
<p><b>Red Flags—Stop and Think</b> </p>	
<p><b>If you have:</b></p> <ul style="list-style-type: none"> <li>• Sudden vision loss in one or both eyes</li> <li>• Sudden pain in your eye</li> <li>• Sudden double vision</li> <li>• Eye injury</li> </ul>	<p><b>This indicates you need to be evaluated immediately.</b></p> <p style="text-align: center;"><b>Follow these instructions:</b></p> <p style="text-align: center;"><b>CALL 9-1-1</b></p> <p>If possible, notify your health care provider's office</p> <div style="border: 1px solid black; padding: 5px;"> <p>Physician:</p> <p>Number:</p> <p>Instructions:</p> </div>
<p><b>If you notice a Red Flag, call 911—Emergency!</b></p>	

### Area Agency on Aging and Disabilities of Southwest Washington

At the Area Agency on Aging & Disabilities, we believe every adult deserves to live with dignity. We connect seniors, adults with disabilities and family caregivers to a full range of free and other community resources designed to offer you choice, improve your quality of life and respect your independence.

For more information, call Information and Assistance

**Clark County:** 360-694-8144—[iaclark@dshs.wa.gov](mailto:iaclark@dshs.wa.gov)

**Cowlitz and Wahkiakum Counties:** 360-577-4929—[iakelso@dshs.wa.gov](mailto:iakelso@dshs.wa.gov)

**Klickitat County:** Goldendale: 509-773-3757 White Salmon: 509-493-3068—  
[kcssinfo@klickitatcounty.org](mailto:kcssinfo@klickitatcounty.org)

**Skamania County:** 509-427-3990—[seniorsia@co.skamania.wa.gov](mailto:seniorsia@co.skamania.wa.gov)

[www.helpingelders.org](http://www.helpingelders.org)