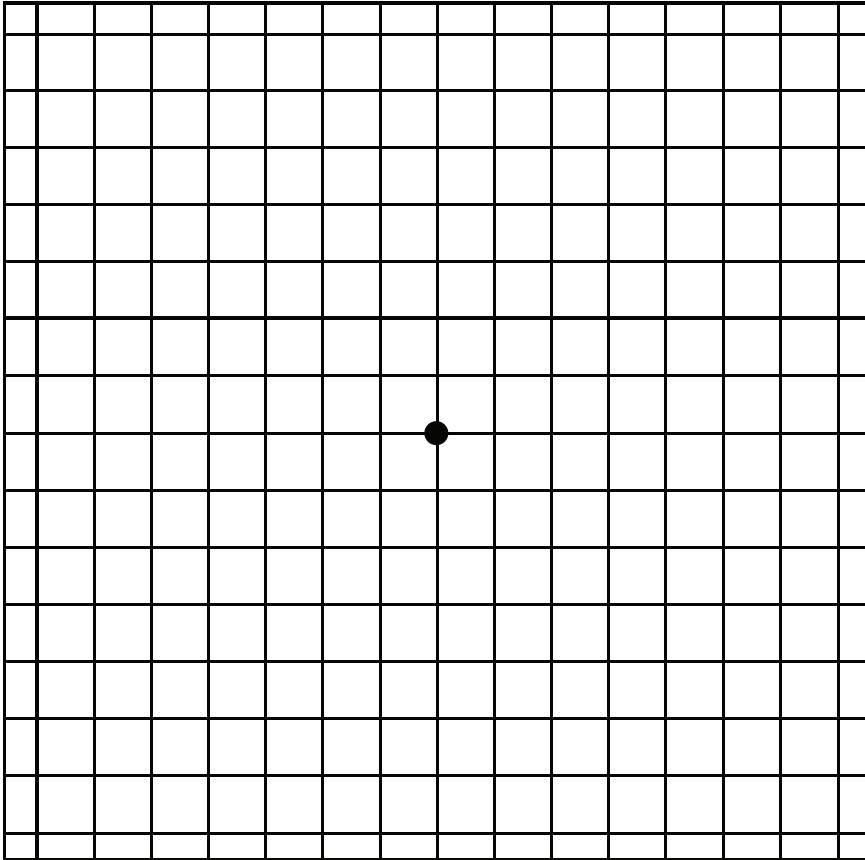


# How to Use the Amsler Grid



- 1. Put on any eyewear normally used for reading.**
- 2. View grid at distance at which you would hold a book.**
- 3. Test one eye at a time. Close opposite eye while viewing.**
- 4. Focus on dot at center of grid. Note any lines that appear blurred or distorted or any missing areas or “holes” on grid.**
- 5. Repeat with opposite eye. Report any issues to eye doctor.**