Monitor your vision every week

To use the Amsler grid:
- Wear your eyeglasses or contact lenses
- Hold grid at comfortable reading distance
- Cover one eye at a time
- Stare at center dot; do not let your eye drift

Contact your eye doctor immediately if
- A straight line appears wavy or bent
- A box differs in size or shape
- Any area is missing, blurry, or discolored

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