



WINDY CITY
- RETINA -

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HOW TO USE THE AMSLER GRID AT HOME

1. Hold the chart at a comfortable reading distance (generally, about 12-14 inches away). Wear your reading glasses if you normally use them.
2. Cover one eye and focus on the black dot in the middle of the grid.
3. Cover the other eye and repeat the test. If the lines appear to be wavy, dim, irregular or fuzzy, schedule an eye exam immediately.