PLACE THIS AMSLER GRID WHERE YOU CAN CHECK IT REGULARLY.

THE HORIZONTAL AND VERTICAL LINES ON THIS GRID SHOULD APPEAR STRAIGHT.

When using this grid, you should keep the following in mind:

- Wear your glasses or contacts if applicable
- Look directly at the dot in the center of the grid
- Keep the grid about half an arm’s length away from your face
- Be sure you have adequate lighting
- Test each eye separately by covering 1 eye at a time
- Do not stare at the grid for long periods of time

If the lines appear wavy or blurry, please contact me at: