

HOW TO TEST YOURSELF WITH THE AMSLER GRID

If you need reading glasses, please wear them while you use the Amsler grid. The grid should be at about the same distance from your eyes that any other reading material would be.

COVER ONE EYE, THEN FOCUS ON THE DOT IN THE CENTER

Please report any irregularity to your eye doctor immediately. You can mark areas of the chart that you're not seeing properly and bring it with you to your eye exam.

