

Evita rascarlos, así tu córnea mantendrá su estructura redondeada.



Usa siempre gafas que te protejan del sol y de la radiación de la pantalla del computador.



¡Hasta la vista... !

Haz ejercicio regular, de esa manera se favorece la circulación en los ojos.



¡CUIDA TUS OJOS!

Ten en cuenta estos cinco consejos

¿Ese era mi bus?



Haz una pausa. Mira a lo lejos con frecuencia para ejercitar tus ojos



Si tienes gafas, la fórmula debe ser personalizada cada ojo, generalmente, es distinto.

El Cuidado De Los Ojos

N Noddings



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