



How to test yourself with 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, and then focus on the dot in the center.
- ❖ Do any of the lines look wavy, blurred, or distorted? (All lines should be straight, all intersections should form right angles, and all the squares should be the same size.)
- ❖ Are there any missing areas or dark areas in the grid?
- ❖ Can you see all corners and sides of the grid?
- ❖ Don't forget to test both eyes.
- ❖ If any of the lines look wavy, blurred, or distorted, or totally absent, please call your eye doctor right away.



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