



IO7 – MOOC for Teachers

Self-directed Learning Resource 2

Topic:	Protecting Health and the Environment
Title:	Computer Vision Syndrome
Time:	It will take you 5 minutes to read the article and take notes on what is important to you.
Type of Resource:	Article
Content of the Resource	This article gives a brief definition of Computer Vision Syndrome, also referred to as Digital Eye Strain, and describes the most common symptoms associated with this syndrome. It also directs to a useful infographic about the 20-20-20 rule and digital eye strain.
Link to resource:	https://www.aoa.org/patients-and-public/caring-for-your-vision/protecting-your-vision/computer-vision-syndrome