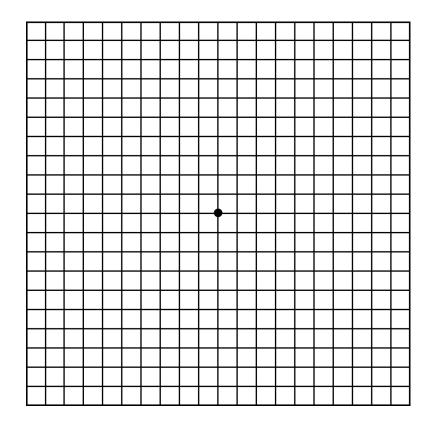


PO Box 515 Northampton, MA 01061-0515 1.888.MACULAR (622.8527) 1.413.268.7660 www.macular.org amdf@macular.org

## Amsler's Chart to Test Your Sight



- 1. Tape this page at eye level where light is consistent and without glare.
- 2. Put on your reading glasses and cover one eye.
- 3. Fix your gaze on the center black dot.
- 4. Keeping your gaze fixed, try to see if any lines are distorted or missing.
- 5. Mark the defect on the chart.
- 6. TEST EACH EYE SEPARATELY.
- 7. If the distortion is new or has worsened, arrange to see your eye doctor at once.
- 8. Always keep the Amsler's Chart the same distance from your eyes each time you test.

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