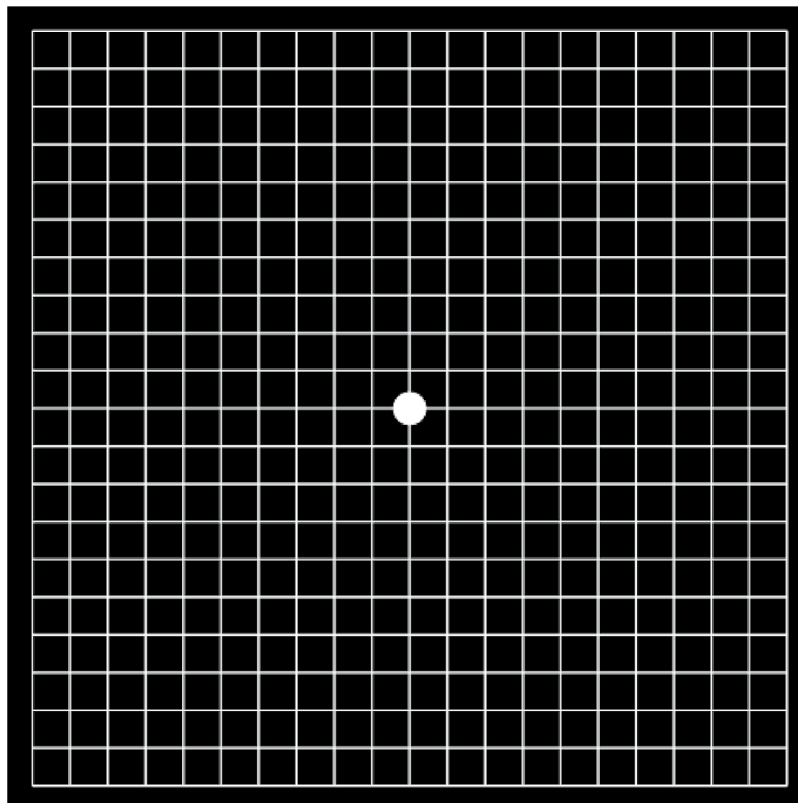
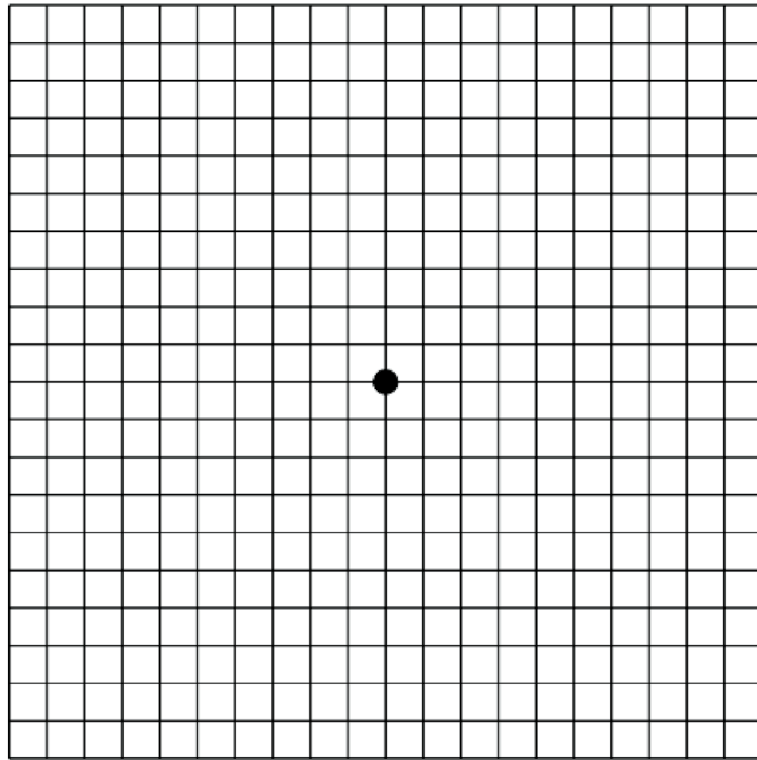


AMSLER GRID



AMSLER GRID

We remind you that the results obtained from this Amsler Grid test are only orientative, and do not replace, in any case, the assessment of a vision specialist. We must visit an ophthalmologist or optometrist regularly to monitor our visual health.

To be able to perform this test correctly, a series of steps must be followed:

- This Amsler Grid has been designed to be printed on a full-size DIN4 and to hold it at a distance of 30 cm or 11.81 inches.
- When we print the PDF, we must ensure the Amsler Grid will be on the printed page in full. To verify that the Grid has been printed with the correct size, we can measure one of the squares, which should measure 5 mm or 0.197 inches.
- If we prefer to perform the test directly from the screen or increase its size with the zoom, we must calculate the distance at which to complete the test. To do this, we will measure the size of one of the squares and divide by 5, and then multiply by 30.
- If we wear glasses or contact lenses, we must use them during the test.
- We cover one eye gently and without pressure with the palm of our hand, a cloth, or an eye patch. We can begin, for example, by first covering our left eye.
- We look at the point of the central area of the Amsler grid, keeping the Grid straight in our visual field.
- **We answer the following questions:**
 - Are the lines that create the grid parallel and straight from the beginning to the end, especially in the center of the Grid?
 - Is each of the squares that form the Grid equal and regular?
 - Suppose we see all or some lines distorted, folded, wavy, blurred, or disappear at some point. In that case, we will go to an ophthalmologist's office as soon as possible.

