**Home Visual Acuity Testing**

**For an Adult or Child who is familiar with the English language and knows His/Her Letters**

**What You Need to Test Your Vision at Home:**

* Something to cover the eye, like a patch, large spoon, paper cup or facial tissue.
* Tape or tack to hang the testing chart on the wall.
* A pencil or pen to record the results.
* Something to measure distance with like a tape measure, yardstick, “Measure” app on your smartphone or 11 printer pages (8.5” x 11”) laid end to end.
* A well-lighted room at least 10 feet long.
* The printed visual acuity testing chart.

**Prepare the Test Area:**

* Print the visual acuity chart.
	+ <http://cdna.allaboutvision.com/pdfs/snellen-chart.pdf>
* Measure 10 feet from a wall with no windows, and place the back of a chair at this point.
* Tape or pin the chart on the bare wall, level with the eyes of the person you will test as he or she sits in the chair.

**Testing:**

* Have the person being tested sit in the chair, 10 feet from the chart. Make sure the chart is level with his or her eyes.
* Have the person being tested cover the left eye. If he or she uses eyeglasses for distance vision, the glasses should be worn during the test.
* Write down the number of the smallest line seen correctly (the line with at least half of the letters correctly identified).
	+ Right eye: 20/\_\_\_
* Now repeat the test with the right eye covered and record the results.
	+ Left eye: 20/­­\_\_\_

**General Tips:**

* No cheating! Make sure the eye is completely covered and they are not peeking. Do not give any hints.
* Test the “BAD” eye first to avoid memorizing the letters with the “good” eye.