

20/200

E

1

20/100

F P

2

20/80

T O Z

3

20/63

L P E D

4

20/50

P E C F D

5

20/40

E D F C Z P

6

20/32

F E L O P Z D

7

20/25

D E F P O T E C

8

20/20

L E F O D P C T

9

How to Use This 10-Foot Snellen Eye Chart

Purpose of This Chart

This printable Snellen chart is designed for basic distance vision screening at home. It can help you notice possible vision changes. It is not a medical diagnosis.

Step 1: Print Correctly

- Print on standard 8.5" x 11" paper
- Select 100% scale when printing
- Do NOT choose "Fit to Page"
- Use black ink on white paper

If the chart is resized during printing, results may not be accurate.

Step 2: Measure 10 Feet

- Place the chart on a wall at eye level
- Measure exactly 10 feet from the wall
- Stand at the measured distance
- Make sure the room is well lit

Good lighting is important for accurate results.

Step 3: Test One Eye at a Time

- Cover one eye gently (do not press on it)
- Keep both eyes open
- Read the smallest line you can clearly see
- Repeat with the other eye

If you wear glasses or contact lenses, test:

- With your corrective lenses
- Without them (if safe to do so)

Step 4: Record Your Results

The smallest line you can read correctly indicates your distance visual acuity. If you cannot read the 20/40 line at the required testing distance, or if one eye performs much worse than the other, you should schedule a comprehensive eye exam.

WHEN TO SEEK PROFESSIONAL CARE

- Schedule an eye examination if:
- Your vision appears blurry
- You have frequent headaches or eye strain
- One eye is significantly weaker
- It has been more than one year since your last exam
- You have diabetes
- You are over age

URGENT SYMPTOMS — SEEK IMMEDIATE CARE

If you experience any of the following, seek medical attention immediately:

- Sudden vision loss
- Flashes of light
- New floaters
- Double vision
- Severe eye pain
- A dark curtain or shadow over your vision

These symptoms may indicate a serious medical condition

MEDICAL DISCLAIMER

This vision screening chart is provided by R4HS Foundation for educational and informational purposes only.

It is not intended to diagnose, treat, cure, or prevent any medical condition. This chart does not replace a comprehensive eye examination performed by a licensed optometrist or ophthalmologist.

Results from this screening should not be used to make medical decisions. If you have concerns about your vision or eye health, consult a qualified healthcare professional promptly.

R4HS Foundation disclaims any liability arising from the use or misuse of this screening chart.

ABOUT R4HS FOUNDATION

R4HS Foundation works to improve access to vision care for underserved communities. We believe clear vision should not depend on income.

Learn more or find support at:

www.r4hsfoundation.org