The 20/20/20 Rule

Taking breaks from the screen will help alleviate eye strain.
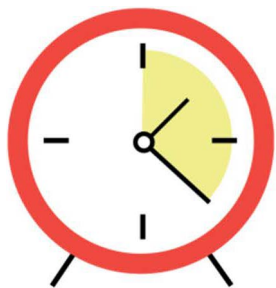
Every
20
minutes
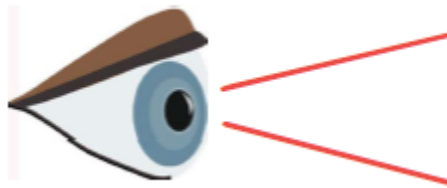
Look
20
feet away

For at least
20
seconds

Encourage frequent blinking.