# WHEN YOUR BLINK IS ON THE BLINK

Blinking is underrated, this is how being unable to close or blink an eye could affect you.

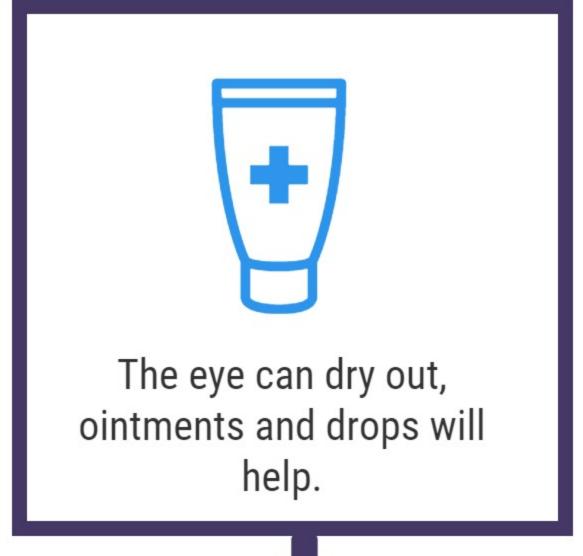


Difficulty sleeping



Careful showering required

A WATERING EYE CAN BE A SIGN IT IS TOO DRY!

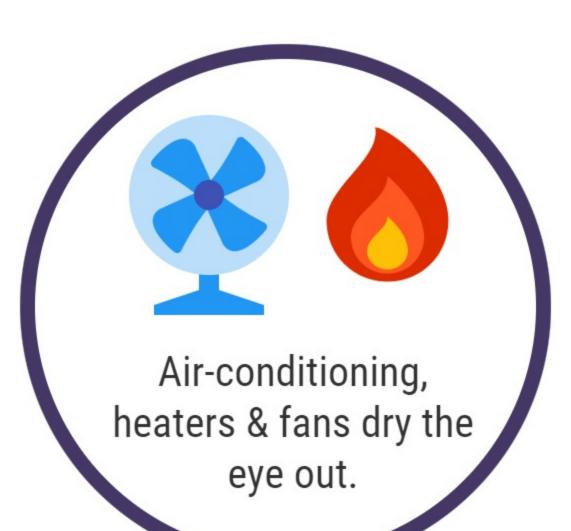


# Pain

or tape the eye closed for relief.

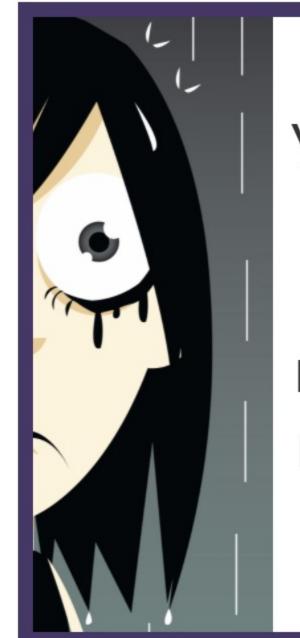
### **Blurred** vision

Blinking spreads a layer of tears across the eye, cleaning it.





The average adult blinks 15 to 20 times per minute.



You can't always hide a bad day behind your make-up when it runs straight off your face.







## Facial Palsy Awareness Week 1-7 March