

Snellen Test



E

F P

T O Z

L P E D

P E C F D

E D F C Z P

F E L O P Z D

D E F P O T E C

L E F O D P C T

F D P L T C E O

P E Z O L C F T D

2 20/100

3 20/70

4 20/50

5 20/40

6 20/30

7 20/25

8 20/20

9

10

11

In order to perform this test, please follow the instructions:

1. Print the test page in A4 standard format. Place yourself 2.8 meters (or 9 feet) away from the chart. If the test page is in another format, or if you wish to perform the test facing the screen, you will have to calculate the distance at which you must stand facing it, using the following formula: measure the height of the letter E (first line, 20/200) in millimeters. Then, divide the value of this measurement by 88. Finally, multiply it by 6. The result shows the distance at which you must be placed, in meters.
E.g. $(42/88) \times 6 = 2.8 \text{ m}$
2. Test your visual acuity with correction (contact lenses or glasses).
3. Test one eye at a time. Start with the right eye, covering the left one without pressing on it. Then, examine the left eye by doing the opposite. If you are using correction glasses, you can cover the eye with a sheet of paper.
4. Read the letters from the largest to the smallest.
5. To make the examination easier and faster, another person can help you by showing the letters you must read among the lines of letters.
6. If you can read the letters of the 8th line, your sight is optimal (visual acuity 20/20).
7. If your visual acuity is less than 20/20 or if you have doubts about your sight, visit your ophthalmologist.

NOTE: take the results as a recommendation. The results do not indicate a diagnosis whatsoever. Performing the test does not mean you should skip regular visits to your eye doctor, because you could easily miss signs that only a trained eye care practitioner would find.