

EYE SYMPTOM CHECKLIST



Find your symptoms below to discover when you should get your eyes checked.

Please note that this checklist is not a substitute for medical advice. If in doubt, get checked out.



EMERGENCY SYMPTOMS

Attend the emergency room at your nearest hospital.

- Serious cuts or scratches
- Chemical eye injury
- Eye symptoms accompanied by a severe or new headache
- Severe eye pain
- Large foreign object in the eye (or foreign object affecting your vision)
- Trauma to the eye (or to the surrounding area)
- Sudden loss of vision



URGENT SYMPTOMS

See your optometrist or eye doctor as soon as possible.

- Straight lines look wavy or crooked
- Flashes
- Floaters and flashes at the same time
- Inability to close your eyelid
- Misaligned eyes*
- Double vision*
- Dark spot or distortion at the centre of your vision, or spots throughout your vision*
- Eye pain (not severe)
- Floaters: a large number appear suddenly and/or floaters don't go away
- Droopy eye lid*
- Blurred, hazy or cloudy vision
- Trouble adjusting to dark rooms
- One pupil is noticeably larger than the other*
- Veil or curtain across your vision*
- Loss of central vision or the edges of your vision*

*If this symptom has occurred suddenly, please attend the emergency room at your nearest hospital



IF SYMPTOMS PERSIST

See your optometrist or doctor if any of these symptoms are bothering you or don't go away on their own:

- Sensitivity to light or glare*
- Bump on your eyelid (stye/chalazion)
- Discharge from your eye, such as pus[†]
- Itching or burning
- Dry eye
- Eye strain
- Red eye[‡]
- Watery eye

*If your sensitivity is severe or getting worse, see your doctor urgently. [†]If you are a contact lens wearer, seek urgent medical care. [‡]If you also have pain and/or blurred vision, attend the emergency room of your nearest hospital. Source: International Agency for the Prevention of Blindness (IAPB). Vision Atlas [Internet]. London: IAPB; [cited 2025 Sep 22]. Available from: <https://www.iapb.org/vision-atlas/>.



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