



## Notes on DELL low blue light model

- Optimize eye comfort with a flicker-free screen
- The possible long-term effects of blue light emission from the monitor may cause damage to the eyes, including eye fatigue, digital eye strain, and so on. The ComfortView feature is designed to reduce the amount of blue light emitted from the monitor to optimize eye comfort.

**WARNING:** The possible long-term effects of blue light emission from the monitor may cause personal injury such as digital eye strain, eye fatigue and damage to the eyes. Using the monitor for extended periods of time may also cause pain in parts of the body such as neck, arm, back, and shoulder.

To reduce the risk of eye strain and neck/arm/back/shoulder pain from using the monitor for long periods of time, we suggest you to:

1. Set the distance of the screen between 20 inches to 28 inches (50 cm-70 cm) from your eyes.
2. Blink frequently to moisten your eyes or wet your eyes with water after prolonged usage of the monitor.
3. Take regular and frequent breaks for 20 minutes every two hours.
4. Look away from your monitor and gaze at a distant object at 20 feet away for at least 20 seconds during the breaks.
5. Perform stretches to relieve tension in the neck, arm, back, and shoulders during the breaks.