**Retinal Detachment Detection Test**

**Directions:**
1. If you're wearing glasses, remove them for the test.
2. Hold the sheet 5.5 inches from your eye.
3. While closing one eye, stare at the center dot and blink repeatedly as you look for distortion or gaps in the ring in your peripheral vision.
4. Repeat for other eye.
5. If you detect distortion or gaps, please contact your doctor.
6. If you experience vision changes, increased floaters or increased flashlight, please contact your doctor even if the ring test is normal.