

# Oculus Headset

## Health and Safety Warnings

### Use only when unimpaired

Do not use the headset when you are experiencing any of the following (as it may increase your susceptibility to adverse symptoms):

- Tiredness or exhaustion
- Need sleep
- Under the influence of alcohol or drugs
- Hung-over
- Have digestive problems
- Under emotional stress or anxiety
- When suffering from cold, flu, headaches, migraines, or earaches

### Pre-Existing Medical Conditions

Consult with your doctor before using the headset if you are pregnant, elderly, have pre-existing binocular vision abnormalities or psychiatric disorders, or suffer from a heart condition or other serious medical condition.

- Seizures
  - Some people may have severe dizziness, seizures, eye or muscle twitching, or blackouts triggered by light flashes or patterns. This may occur while they are experiencing virtual reality, even if they have never had a seizure or blackout before or have no history of seizures or epilepsy.
  - If you have previously had a seizure, loss of awareness, or other symptom linked to an epileptic condition, you should see a doctor before using the headset.
- Interference with Medical Devices
  - The headset and controller(s) may contain magnets or components that emit radio waves, which could affect the operation of cardiac pacemakers, hearing aids, and defibrillators.
  - If you have a pacemaker or other implanted medical device, consult your doctor or the manufacturer of your medical device before using the headset or controllers.
  - Stop using the headset or controller(s) if you observe a persistent interference with your medical device.

### Discomfort

- Immediately discontinue using the headset if any of the following symptoms are experienced:
  - Seizures
  - Loss of awareness
  - Eye strain
  - Eye or muscle twitching
  - Involuntary movements
  - Altered, blurred, or double vision or other visual abnormalities
  - Dizziness
  - Disorientation
  - Impaired balance
  - Impaired hand-eye coordination
  - Excessive sweating
  - Increased salivation
  - Nausea
  - Lightheadedness
  - Discomfort or pain in the head or eyes
  - Drowsiness
  - Fatigue
  - Any symptoms similar to motion sickness
- Symptoms of virtual reality exposure can persist and become more apparent hours after use. These symptoms may put you at an increased risk of injury when engaging in normal activities in the real world.
  - Do not drive, operate machinery, or engage in other visually or physically demanding activities that have potentially serious consequences or activities that require unimpaired balance and hand-eye coordination until you have fully recovered from any symptoms.