

To reduce the risk of personal injury, discomfort or property damage, all users must carefully read the warnings below before using the headset.

Do not use the Oculus Rift if you are:

- Under 13
- Tired
- Under the influence of alcohol or drugs or hung-over
- Experiencing digestive problems
- Under emotional stress or anxiety
- Suffering from the flu, cold, headaches, migraines or earaches
- Suffering from a contagious condition (ex. lice, pink eye)

Please see a doctor before using the Oculus Rift if you:

- Are pregnant
- Have previously experienced a seizure, loss of awareness or other symptoms linked to an epileptic condition
- Have a pacemaker, hearing aid or other implanted medical device

Before Using the Oculus Rift, make sure you:

- Only use it in a safe environment
- Remain seated unless your game requires you to stand
- Clear the area and remove all tripping hazards
- Are not near: other people, objects, stairs, open doorways, furniture, open flames
- Take 10-15 minutes breaks every 30 minutes of use

Immediately discontinue use if any of the following are experienced:

- Seizures
- Loss of awareness
- Eye strain
- Eye or muscle twitching
- Involuntary movements
- Altered, blurred, or double-vision
- Dizziness, nausea or any signs of motion sickness
- Disorientation
- Impaired balance
- Impaired hand-eye coordination
- Excessive sweating
- Increased salivation
- Repetitive stress injury
- Skin irritation