

IMPORTANT NOTICE: AGE RESTRICTIONS AND HEALTH WARNINGS

For health and safety reasons, the use of virtual reality headsets is strictly reserved for visitors age 13 and over. This restriction is imposed by the manufacturers of Oculus Rift and Samsung Gear VR. The Phi Centre, its partners Red Bull Music Academy and DHC/ART Foundation for Contemporary Art, and all designers, creators, and artists of *Björk Digital* adhere to this restriction.

A number of restrictions also apply to visitors with specific conditions. Please take a moment to read the following health warning.

HEALTH WARNING

Do not wear eyeglasses when using the Oculus Rift headset.

Persons subject to motion sickness also run the risk of feeling nauseous when using a VR headset. These visitors should pay particular attention to this warning.

We recommend that **pregnant women, seniors, and individuals suffering from mental illnesses, binocular vision anomalies, heart disease, or other serious illnesses** consult a doctor before using a VR headset.

Do not use a VR headset if you have the following symptoms: strabismus, amblyopia, or anisometropia. Using a VR headset may aggravate these symptoms.

Much like the sensation felt after disembarking from a cruise ship, symptoms from exposure to virtual reality may persist or become more intense a few hours after the experience. These symptoms can include those described above as well as intense drowsiness and difficulty concentrating. These symptoms may increase the risk of injury during normal activity in the real world.