

Healthy Habits = Healthy Eyes

If you wear contact lenses, keep your eyes healthy and prevent eye infections by following these tips:

YOUR HABITS

-  Wash and dry your hands before touching your contact lenses.
-  Don't sleep in your contact lenses (unless your eye doctor tells you otherwise).
-  Avoid wearing contact lenses while showering, swimming, or using a hot tub.

YOUR SUPPLIES

- Rub and rinse your contact lenses with solution each time you clean them. Never use water or spit!
-  Use only the solution your eye doctor tells you to use.
- Only use fresh disinfecting solution in your case—don't mix new with old.
-  Never store your contact lenses in water.
-  Replace your contact lenses as often as your eye doctor says.
- Rub and rinse your case every day with solution, dry with a clean tissue, and store upside down with the caps off.
-  Get a new case at least every three months.

YOUR EYE DOCTOR

-  Visit your eye doctor once a year—or more often if needed.
-  Ask questions about how to care for your lenses and case.
- Take out your contact lenses and call your eye doctor if you have eye pain, red eyes, or blurred vision.
- 

YOU ONLY
HAVE ONE
PAIR OF
EYES, SO
TAKE CARE
OF THEM!

www.cdc.gov/contactlenses



U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention

And remember: always be prepared! Carry a pair of glasses in case you need to take out your contact lenses.

