








# 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](http://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.

