Dear contact lens wearer,

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

When it comes to wearing contacts, healthy habits mean healthy eyes. Follow these tips to help prevent eye infections.

YOUR HABITS

Wash and dry your hands before touching your contacts.

Don’t sleep in your contacts (unless your eye doctor tells you it’s OK).

Avoid wearing contacts while showering, swimming, or using a hot tub.

YOUR GEAR

Contacts
Rub and rinse your contacts with solution each time you clean them. Never use water or spit!

Never store your contacts in water.

Replace your contacts as often as your eye doctor says.

Case
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.

Solution
Only use fresh disinfecting solution in your case—don’t mix new with old.

Use only the solution your eye doctor tells you to use.

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 contacts and call your eye doctor if you have eye pain, red eyes, or blurred vision.

ALWAYS BE PREPARED!

Carry a pair of glasses in case you need to take out your contacts.

www.cdc.gov/contactlenses