Contact Lens Tips from CDC

Your Habits
• Never sleep in contacts (unless prescribed by your eye doctor)
• Keep all water away from contacts

Your Supplies
• Replace contacts as recommended by your eye doctor
• Replace your case at least once every 3 months
• Dump out used solution from the case and clean it with fresh solution—never water—everyday

Your Eye Doctor
• Visit your eye doctor at least once a year
• Remove contacts immediately and call your eye doctor if you have pain, discomfort, redness, or blurred vision

Be Prepared: Carry a backup pair of glasses with a current prescription in case you have to take out your contacts.