

EYE WISE: CONTACT LENSES 101

✓ Handy tip: Wash your hands before touching your contacts

Wash your hands with soap and water and dry them with a clean towel before touching your contacts.



Dirty hands can transfer germs to contact lenses and lead to eye infections.



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

www.cdc.gov/contactlenses

