

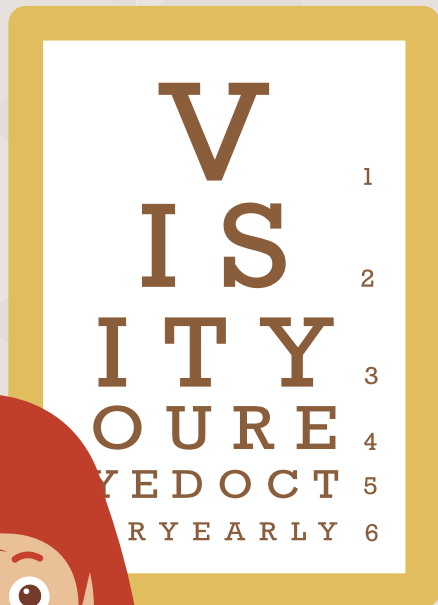
Dear contact lens wearer,

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 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.



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

www.cdc.gov/contactlenses

