

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 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.

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](http://www.cdc.gov/contactlenses)

