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.

### Always Be Prepared!

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

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