

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.



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

www.cdc.gov/contactlenses

