

Contact Lens Tips from CDC



Your Habits

- Never sleep in contacts (unless prescribed by your eye doctor)
- Keep all water away from contacts



Your Supplies

- Replace contacts as recommended by your eye doctor
- Replace your case at least once every 3 months
- Dump out used solution from the case and clean it with fresh solution—never water—everyday



Your Eye Doctor

- Visit your eye doctor at least once a year
- Remove contacts immediately and call your eye doctor if you have pain, discomfort, redness, or blurred vision



Be Prepared: Carry a backup pair of glasses with a current prescription in case you have to take out your contacts.



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

