

# EYE WISE: CONTACT LENSES 101

✓ *Keep it fresh: Only use new solution*

Dump all the solution out of your contact case every time you use it, and only store your contacts in fresh solution.



Get new  
contact  
solution

Reusing and topping off (adding fresh to used) solution have been linked to serious eye infections.



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

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

