

EYE WISE: CONTACT LENSES 101

✓ No H2O: Keep water away from contacts

Don't rinse or store contacts in water, and avoid showering or swimming while wearing contacts.



Dangerous germs that live in water can attach to contact lenses and cause serious, sometimes blinding, eye infections.



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

www.cdc.gov/contactlenses

