

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

