



# CONTACT LENSES ARE LIKE UNDERWEAR

## 1 DON'T OVER-WEAR

Replace your contacts as often as your eye doctor tells you to.



## 2 AVOID THAT SKETCHY PAIR

If a contact comes out and you can't disinfect it right away, throw it out. Don't buy contacts without a prescription.



## 3 CARRY A SPARE PAIR (OF GLASSES)

Always carry a spare pair of glasses as a backup.

COVER YOUR BUTT, TAKE CARE OF YOUR EYES

