

Dear contact lens wearer,

# YOU ONLY HAVE ONE PAIR OF EYES



# SO TAKE CARE OF THEM!

When it comes to wearing contacts, healthy habits mean healthy eyes. Follow these tips to help prevent eye infections.

## YOUR HABITS



**Wash and dry your hands** before touching your contacts.

**Don't sleep in your contacts** (unless your eye doctor tells you it's OK).

**Avoid wearing contacts while** showering, swimming, or using a hot tub.

## YOUR GEAR



### Contacts

**Rub and rinse your contacts** with solution each time you clean them. Never use water or spit!

**Never store your contacts in water.**

**Replace your contacts** as often as your eye doctor says.

### Case

**Rub and rinse your case** every day with solution, dry with a clean tissue, and store upside down with the caps off.

**Get a new case** at least every three months.

### Solution

**Only use fresh disinfecting solution** in your case—don't mix new with old.

**Use only the solution** your eye doctor tells you to use.

## YOUR EYE DOCTOR



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**Visit your eye doctor once a year**—or more often **if needed.**

**Ask questions** about how to care for your lenses and case.

**Take out your contacts and call your eye doctor** if you have eye pain, red eyes, or blurred vision.

## ALWAYS BE PREPARED!



**Carry a pair of glasses** in case you need to take out your contacts.

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



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

