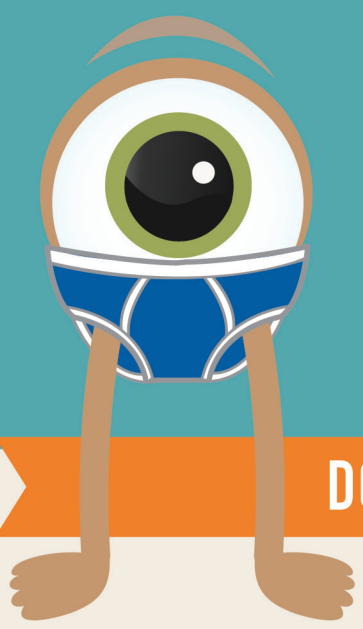


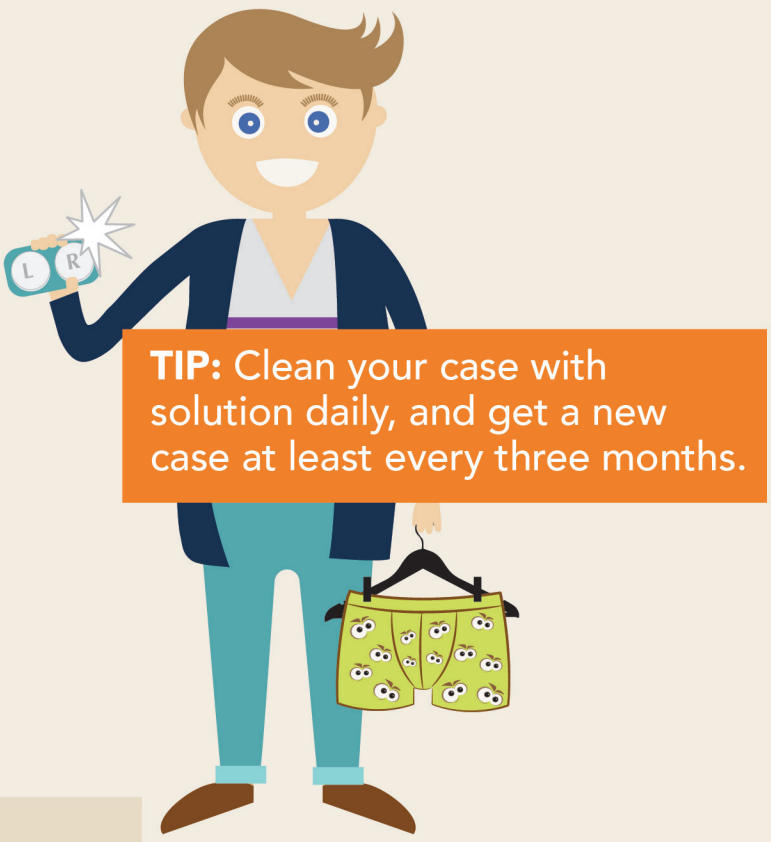
CONTACT LENSES ARE LIKE UNDERWEAR

DON'T OVER-WEAR. AVOID THAT SKETCHY PAIR. CARRY A SPARE.

Not caring for your underwear can lead to nasty smells, but not caring for your contacts can lead to nasty eye infections.

1 DON'T OVER-WEAR

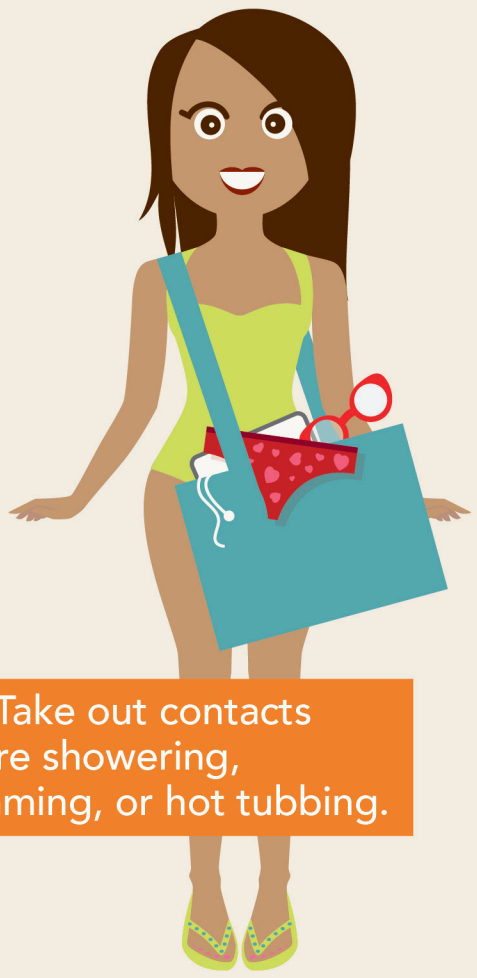
Replace your contacts as often as your eye doctor tells you, and don't sleep in them (unless your eye doctor says otherwise).



TIP: Clean your case with solution daily, and get a new case at least every three months.

2 AVOID THAT SKETCHY PAIR

If a contact comes out and you can't disinfect it with fresh solution (never water or spit) right away, throw it out. Don't buy contacts from costume shops or anywhere that doesn't require a prescription.



TIP: Take out contacts before showering, swimming, or hot tubbing.

3 CARRY A SPARE PAIR (OF GLASSES)

If you need to take out your contacts for an unexpected late night or trip to the pool, or if a contact comes out, have a pair of glasses as a backup.

COVER YOUR BUTT **TAKE CARE OF YOUR EYES**

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

www.cdc.gov/contactlenses

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