








Contact Lens Care Guidelines

When cared for properly, contact lenses can provide an effective way to correct your vision. However, contact lenses are medical devices and failure to wear, clean, and store them as directed can increase the risk of eye infections. Be sure to follow these healthy habits to safely wear contact lenses and help protect your eyes:

	<p><u>Don't Sleep in Your Contact Lenses</u> Don't sleep in your contact lenses unless prescribed by your eye care provider. Sleeping while wearing contact lenses has been shown to cause up to 8 times greater risk of an eye infection.</p>
	<p><u>Follow Good Handy Hygiene</u> Always wash your hands with soap and water and dry your hands with a clean cloth thoroughly before handling your lenses.</p>
	<p><u>Keep Contact Lenses Away From Water</u> Water can introduce germs to the eyes through contact lenses. Remove contact lenses before swimming and avoid showering in them.</p>
	<p><u>Properly Clean Your Lenses</u> Rub and rinse your contact lenses with contact lens disinfecting solution to clean them each time you remove them. Don't "top off" solution. Use only fresh contact lens disinfecting solution in your case—never mix fresh solution with old or used solution or combine different solution brands.</p>
	<p><u>Take Care of Your Contact Lens Case</u> Clean your contact lens case by rubbing and rinsing it with contact lens solution—never water—and then empty and dry with a clean tissue. Store upside down with the caps off after each use. Replace your contact lens case at least once every three months.</p>
	<p><u>Talk with Your Eye Care Provider</u> Visit your eye care provider yearly or as often as he or she recommends and have a conversation with him/her during your next appointment to discuss your contact lens wear and care. Be sure to also always remove your contact lenses immediately and call your eye care provider if you have eye pain, discomfort, redness, or blurred vision.</p>
	<p><u>Be Prepared</u> Carry a backup pair of glasses with a current prescription—just in case you have to take out your contact lenses.</p>

In the U.S., there have been three outbreaks of *Acanthamoeba* keratitis and *Fusarium* keratitis - both of which are very serious and sometimes blinding types of eye infections. These outbreaks have brought attention to contact lens wearer hygiene and the need for consistent information about how to wear and care for contact lenses to help prevent such infections. CDC—with feedback from experts in optometry, ophthalmology, opticianry, and infectious diseases—encourages contact lens wearers to follow these recommendations, which are based on data from a number of studies. For more information, go to www.cdc.gov/contactlenses.