# Healthy Contact Lens Wear and Care

Millions of people enjoy the benefits of contact lenses every day, but without proper care, your contacts can be the source of painful and sometimes blinding eye infections.

Hi. I'm Dr. Jennifer Cope from the CDC. If you wear contact lenses, it's really important that you practice healthy habits, take proper care of your lenses and supplies, and visit your eye doctor regularly.

Practicing healthy habits includes these key steps:
- Wash and dry your hands well before inserting or removing your contacts;
- Don't sleep in your contacts unless they are specifically prescribed for overnight wear; and
- Keep water away from your contacts at all times. That means remove lenses before showering, swimming, or using a hot tub.

To take care of your lenses and supplies properly, replace lenses as often as your eye doctor recommends, replace your lens case at least every three months, and be sure to rub and rinse both your lenses *and* your case every day with contact lens disinfecting solution. Never use water or saliva to clean or store your lenses. It's also important to use only *fresh* solution in your case to store lenses at night—never mix old with new. Finally, get an eye exam every year to keep your eyes healthy and your vision crisp. If you have any questions about how to care for your contact lenses and supplies, always ask your eye doctor.

I encourage you to follow these tips to keep your contact lenses clean and your eyes safe. To learn more, visit cdc.gov/contactlenses.