



A MINUTE OF HEALTH WITH CDC

Keep Contacts Clean

Contact Lens Health Week — November 17-21, 2014

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[Announcer] This program is presented by the Centers for Disease Control and Prevention.

Contact lenses can be a great alternative to traditional eye glasses, but without proper care, they can cause severe eye problems. Keratitis is a serious, sometimes blinding, eye infection often associated with poor contact lens hygiene. Keratitis results in almost one million doctor visits each year. If you are a contact lens wearer, you can lower your risk of getting keratitis. Empty your contact lens case and refill it with new disinfecting solution every day, replace the case every three months, and never sleep in contact lenses unless otherwise directed by an eye care provider.

Thank you for joining us on a Minute of Health with CDC.

For the most accurate health information, visit www.cdc.gov or call 1-800-CDC-INFO.