

Care for Your Contacts: Keeping Eyes Safe

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

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. Allison Brown, an epidemiologist at CDC.

If you wear contact lenses, here are four important tips to help keep your eyes healthy.

First, follow all instructions from your eye doctor and from the companies who make your contact lenses, solutions, and cases. This includes guidance for cleaning, storing, and using these products.

Second, don't "top off" the solution in your lens case. Always discard leftover solution after each use. Don't reuse any lens solution or add new solution to used. Used lens solution can be contaminated with harmful germs.

Third, be sure to clean, rub, and rinse your lenses and air-dry the case each time you remove the lenses. Rubbing the lenses and case, then rinsing with solution, will help remove germs and slimy build-up that can cause eye infections. You should replace your case at least every three months.

And fourth, avoid exposing your contact lenses to *any* water. Never rinse or store the lenses in water. Try not to let tap water touch your lenses, and try to keep them from touching what we call "recreational water"— swimming pools, hot tubs, lakes, rivers, and oceans. Even treated tap and recreational water can contain germs that live and grow on your contact lenses and in your case.

These tips will help keep your contact lenses clean and your eyes safe.

If you have pain, redness, or other eye problems, see an eye doctor.

To learn more, visit www.cdc.gov/contactlenses.

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