



A MINUTE OF HEALTH WITH CDC

Keep Contacts Clean

Contact Lens Wearer Demographics and Risk Behaviors for Contact Lens-Related Eye Infections — United States, 2014

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

For millions of Americans, contact lenses are a popular alternative to glasses. If not properly worn and cared for, they can put wearers at risk for eye infections. Almost all contact lens wearers reported unhealthy wear and care habits; up to one third experienced a red or painful eye that required a doctor's visit. Practice proper lens hygiene. Keep lenses away from water, discard used disinfecting solution and replace it with fresh solution each day, and get a new case every three months. If you wear contacts and experience red or irritated eyes, call your eye doctor as soon as possible.

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

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