Contact lens wearers can prevent eye infections by:

- Not sleeping in contact lenses without discussing it with their eye doctor.
- Not "topping off" or adding new solution to old solution that’s been sitting in the case.
- Replacing contact lenses as often as recommended by their eye doctor.

Listeners can get more information about contact lens safety at cdc.gov/contactlenses.
[Dr. Gaynes] Thanks, Jennifer. I’ve been talking today with CDC’s Dr. Jennifer Cope about ways to avoid contact-lens related eye problems.

Lens wearers: Visit your eye doctor at least once a year. You can help prevent most lens-related eye infections by practicing good hygiene and following your eye doctor’s instructions.

Until next time, be well. This is Dr. Robert Gaynes for A Cup of Health with CDC.

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