

Are you on your best behavior with your contact lenses?



It's okay, we don't judge. Here are some tips for taking care of your contacts to reduce the potential risk of infection.



80%

of contact lens wearers are guilty of at least one bad lens care behavior¹



Wash your hands before touching your contacts.



Don't store your contacts in the bathroom, especially near the toilet.

Don't use contacts dropped on the floor.



Don't put contacts in your mouth. Ever.

Do carry a spare pair of glasses.



Clean your case properly with solution, not tap water.



Don't sleep in your contacts.

Sleeping in contact lenses can increase risk of eye infections by

6 to 8 times²



EyeMed wants you to have clean, healthy lenses and clear, healthy eyes. Schedule an eye exam today.

¹Morbidity and Mortality Weekly Report (MMWR).” Centers for Disease Control and Prevention, 17, Aug. 2017, www.cdc.gov/mmwr/volumes/66/wr/mm6632a2.htm

²Morbidity and Mortality Weekly Report (MMWR).” Centers for Disease Control and Prevention, 16 Aug. 2018, www.cdc.gov/mmwr/volumes/67/wr/mm6732a2.htm