CONTACT LENSES:

CLEAN CONTACTS MEAN HEALTHY EYES!

FACT:



More than one in ten people wear contact lenses.

FACT:



Contact lenses are among safest & most popular form of vision correction.

FACT:



When lenses are not used as directed by an eye doctor, consequences can be serious!

The American Optometric Association (AOA)
American Eye-Q® survey¹ revealed consumers are
guilty of a number of unhealthy habits:



Use rewetting drops to clean & disinfect lenses



Soak or clean lenses in tap water, an unsafe practice



Admit to wearing disposable contact lenses longer than suggested duration

According to recent Centers for Disease Control and Prevention (CDC) report², nearly one-third of contact lens wearers report going to the doctor for red or painful eyes related to wearing contact lenses



Never purchase lenses without a prescription





Store lenses in proper case & replace every three months

Schedule regular eye examinations with your eye doctor



Follow recommended replacement schedule prescribed by your optometrist

1. 2015 American Eye- Q^{\otimes} survey was created and commissioned in conjunction with Penn, Schoen & Berland Associates (PSB).

2. Centers for Diseases Control and Prevention Morbidity and Mortality Weekly Report, Vol. 64, No. 32, August 21, 2015

AMERICAN OPTOMETRIC ASSOCIATION

For more information, visit aoa.org or contactlenssafety.org.