BAD HABITS OF CONTACT LENS WEARERS

Contact Lenses are a Safe Form of Vision Correction. But According to the American Eye-Q® Survey¹, Many People Make These Serious Mistakes:

- **57%** wear lenses longer than they are supposed to.
- **21%** are guilty of sleeping in their lenses.
- **53%** of consumers who wear decorative lenses purchase them illegally.
- **35%** of contact lens wearers don’t wash their hands.

POOR CONTACT LENS HYGIENE PRACTICES, OR WEARING ILLEGALLY-PURCHASED DECORATIVE CONTACT LENSES, CAN RESULT IN:

- Bacterial Infections
- Pain and Irritation
- Permanent Vision Loss

KEEP YOUR EYES HEALTHY!

- Wash your hands before handling lenses.
- Keep your case clean using fresh solution every time and replace it after 3 months.
- Don’t sleep in lenses not meant for overnight wear.
- Always get an eye exam and prescription from a licensed optometrist.

ALL contact lenses are medical devices. Get an eye exam and only wear lenses that have been properly fitted and prescribed by an optometrist.

¹2014 American Eye-Q® survey created and commissioned in conjunction with Penn, Schoen & Berland Associates (PSB).