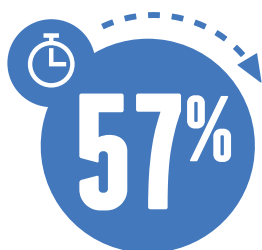


# BAD HABITS OF CONTACT LENS WEARERS

Contact Lenses are a Safe Form of Vision Correction. But According to the American Eye-Q® Survey<sup>1</sup>, Many People Make These Serious Mistakes:



WEAR LENSES LONGER THAN THEY ARE SUPPOSED TO



ARE GUILTY OF SLEEPING IN THEIR LENSES



OF CONSUMERS WHO WEAR DECORATIVE LENSES PURCHASE THEM ILLEGALLY



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.**



American Optometric Association

For more information, visit [www.aoa.org](http://www.aoa.org), or [www.contactlensart.org](http://www.contactlensart.org).

<sup>1</sup>2014 American Eye-Q® survey created and commissioned in conjunction with Penn, Schoen & Berland Associates (PSB).