BAD HABITS OF CONTACT LENS WEARERS

Contact Lenses are a safe form of vision correction. But according to the CDC’s recent years’ Morbidity and Mortality Weekly Reports¹, many people make serious mistakes.

- **99%** EXHIBIT AT LEAST ONE RISKY HYGIENE BEHAVIOR
- **87%** ARE GUILTY OF NAPPING IN THEIR LENSES
- **85%** SHOWERING IN CONTACT LENS
- **50%** WEAR LENSES LONGER THAN THEY ARE SUPPOSED TO

¹Source: CDC’s Morbidity and Mortality Weekly Reports. 2014-15

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.

For more information, visit aoa.org/contact-lenses