YOU & YOUR CONTACT LENSES:
GOOD HABITS, *HEALTHY* EYES

Follow these tips to maintain safe, healthy contact lens wear

Always **wash and dry your hands** thoroughly before touching your contact lenses

Do not sleep or nap in your contact lenses unless prescribed to do so by your eye doctor

Replace your contact lenses at the **interval recommended** by your eye doctor

Clean your contact lens case daily and remember to **replace your case every month**

Water contains microbes that can cause serious eye infection. Your lenses should not come into contact with water: **avoid swimming and showering** while wearing them

CORE Centre for Ocular Research & Education

UNIVERSITY OF WATERLOO
FACULTY OF SCIENCE
School of Optometry & Vision Science