

# CONTACT LENSES ARE LIKE UNDERWEAR

DON'T OVER-WEAR. AVOID THAT SKETCHY PAIR. CARRY A SPARE.

Not caring for your underwear can lead to nasty smells, but not caring for your contacts can lead to nasty eye infections.

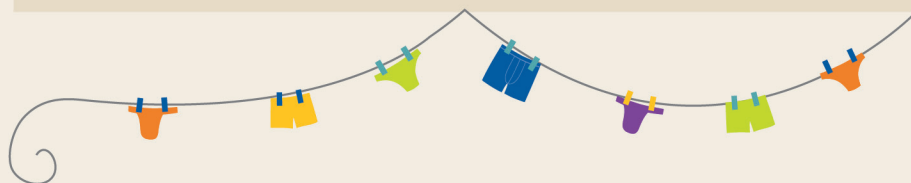
## 1 DON'T OVER-WEAR

Replace your contacts as often as your eye doctor tells you, and don't sleep in them (unless your eye doctor says otherwise).



## 2 AVOID THAT SKETCHY PAIR

If a contact comes out and you can't disinfect it with fresh solution (never water or spit) right away, throw it out. Don't buy contacts from costume shops or anywhere that doesn't require a prescription.

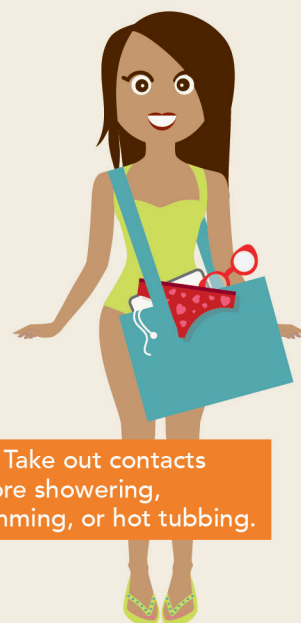


## 3 CARRY A SPARE PAIR (OF GLASSES)

If you need to take out your contacts for an unexpected late night or trip to the pool, or if a contact comes out, have a pair of glasses as a backup.



**TIP:** Clean your case with solution daily, and get a new case at least every three months.



**TIP:** Take out contacts before showering, swimming, or hot tubbing.



COVER YOUR BUTT

TAKE CARE OF YOUR EYES



U.S. Department of  
Health and Human Services  
Centers for Disease  
Control and Prevention

[www.cdc.gov/contactlenses](http://www.cdc.gov/contactlenses)

