



# CONTACT LENS WEAR & CORONAVIRUS

# Do's & Don'ts

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ACCORDING TO THE BEST AVAILABLE SCIENTIFIC EVIDENCE:

## Contact lens wear remains a good option for healthy people.

- There is currently no evidence to suggest that contact lens wearers are at more risk for acquiring COVID-19 than eyeglass wearers.
- Contact lens wear continues to be a highly effective form of visual correction.

2

## Proper hand washing is essential.

- Wash hands for at least 20 seconds with soap and water and dry with a clean paper towel both prior to applying and removing your lenses.

## Care for contact lenses properly.

- If you wear daily disposable lenses, dispose of lenses after each wear.
- If you wear reusable lenses, clean and disinfect your lenses according to eye care professional's recommendations.
- Pay particular attention to cleaning, drying and disposing of your lens case as directed. Monthly replacement of cases is suggested by experts.
- As with any illness, anyone who does not feel well should stop contact lens wear until healthy again.

3

## Eyeglasses should be cleaned regularly.

- Viruses, such as COVID-19, can remain on hard surfaces for hours to days, which can be transferred to the spectacle wearer's fingers and face.
- Wash your eyeglasses regularly.
- Wash your hands prior to handling your eyeglasses.

4

## Eyeglasses do not provide complete protection.

- Standard eyeglasses do not provide protection from material entering from around the sides, top and bottoms of frames.
- Neither standard eyeglasses nor contact lenses are approved for use as personal protective equipment (PPE) according to the CDC.

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- The Section on Cornea, Contact Lenses and Refractive Technologies of the American Academy of Optometry
- The Contact Lens and Cornea Section of the American Optometric Association

