Dear contact lens wearer,

YOU ONLY HAVE ONE PAIR OF EYES

SO TAKE CARE OF THEM!

When it comes to wearing contacts, healthy habits mean healthy eyes. Follow these tips to help prevent eye infections.

YOUR HABITS

Wash and dry your hands before touching your contacts.

Don't sleep in your contacts (unless your optician tells you otherwise).

Avoid wearing contacts while showering, swimming, or using a hot tub.

ALWAYS BE PREPARED!

Carry a pair of glasses in case you need to take out your contacts.

Moorfields Eye Hospital NHS
NHS Foundation Trust

www.moorfields.nhs.uk/eyehealth.