

CONTACT LENS WEAR AND CORONAVIRUS



5 FACTS YOU NEED TO KNOW DURING THE COVID-19 OUTBREAK.

The results of a new scientific review by five prominent ocular research scientists provides clear advice for contact lens wearers¹



YOU CAN KEEP WEARING CONTACT LENSES

There is currently no scientific evidence that contact lens wearers are at an increased risk of contracting COVID-19 compared with glasses wearers. Consult your Optometrist with questions.



GOOD HYGIENE HABITS ARE CRITICAL

Thorough handwashing and drying are essential, as well as properly wearing and caring for contact lenses, ensuring good contact lens case hygiene, and regularly cleaning glasses with soap and water. These habits can help you stay healthy and out of your doctor's office or hospital.



REGULAR GLASSES DO NOT PROVIDE PROTECTION

No scientific evidence supports rumours that everyday glasses offer protection against COVID-19. A position supported by the U.S. Centers for Disease Control and Prevention (CDC).



KEEP UNWASHED HANDS AWAY FROM YOUR FACE

Whether you wear contact lenses, glasses or require no vision correction at all, you should avoid touching your nose, mouth and eyes with unwashed hands, consistent with World Health Organization (WHO) and CDC recommendations.



IF YOU ARE SICK, TEMPORARILY STOP

Contact lens wearers who are ill should temporarily revert to wearing glasses. You can resume use with fresh, new contact lenses and lens cases once you return to full health and have spoken with your Optometrist.

STAY HOME, STAY SAFE AND IF YOU GO OUT WEAR YOUR MASK.

1. Jones L, Walsh K et al. The COVID19 pandemic: Important considerations for contact lens practitioners. *Contact Lens Anterior Eye*. 2020. In press. <https://doi.org/10.1016/j.clae.2020.03.012>.