

**COVID-19
EYECARE
ADVICE**

WEARING & CARING FOR YOUR EYEWEAR



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www.visionmatters.org.uk



**NATIONAL EYE
HEALTH WEEK**
MONDAY 21 – SUNDAY 27 SEPTEMBER 2020
YOUR VISION MATTERS

CARING FOR YOUR EYEWEAR

The Centre for Ocular Research and Education (CORE) has issued advice on wearing and caring for your contact lenses and spectacles during the COVID-19 pandemic.

Contact Lens Wear is Safe.

Contact lens wear remains a safe and highly effective form of vision correction for millions of people worldwide.

Proper Hand Washing is Essential. When using contact lenses or spectacles, careful and thorough hand washing with soap and water followed by hand drying with unused paper towels is paramount. For contact lens wearers, this should occur every time you insert or remove your lenses.

Disinfect Contact Lenses.

Contact lens wearers should either dispose of their daily disposable lenses each evening, or regularly disinfect their monthly and two-week lenses according to manufacturer and eye care professional instructions.

Disinfect Spectacles and Glasses.

Some viruses such as COVID-19 can remain on hard surfaces for days, which can be transferred to spectacles wearers' fingers and faces.

Keep your spectacles clean using a solution recommended by your dispensing optician.

Alternatively, you can carefully wash your spectacles or sunglasses in soapy water – washing-up liquid works well – shake off any excess water and leave to air dry (or gently dry with a soft cloth).

Never use a paper towel or your sleeve to dry your lenses and avoid abrasive cleaners.

Discontinue Lens Wear if

Sick. Ceasing contact lens wear when sick is advised,

For more general advice on contact lens use visit

<http://www.visionmatters.org.uk/looking-after-your-eyes/-1>

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