



# ADULT

# HEALTH BULLETIN



## AUGUST 2018

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### THIS MONTH'S TOPIC:

## PROTECT YOUR EYES



**D**o not let an eye infection ruin your summer fun. In America, an estimated 40 million people use contact lenses to provide safe and effective vision correction. However, contact lens wearers risk infection if they fail to wear, clean, disinfect and store their contact lenses as directed by their doctor.

To be safe, make sure your eyes get a summer break too by taking out your contact lenses before you sleep, shower or swim. Wearing contact lenses to bed or exposing them to water may increase the risk of painful eye infections that can ruin your summer fun. Instead, spend your summer enjoying fun water activities with your friends and practice healthy and safe contact lens wear and care habits.

Continued on the back 



# Carry a backup pair of glasses with a current prescription, just in case you have to take out your contact lenses.

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Keep your eyes healthy with these contact lens tips:

- **Wear sunglasses.** Certain sunglasses can help protect your eyes. Choose sunglasses labeled with a UVA/UVB rating of 100 percent to get the most UV protection.
- **Wash your hands with soap and water.** Dry them well with a clean cloth before touching your contact lenses every time.
- **Do not wear your contact lenses while sleeping,** unless prescribed by your eye doctor.
- **Keep water away from your contact lenses.** Avoid wearing contact lenses while showering, and remove them before using a hot tub or swimming.
- **Do not “top off” solution.** Use only fresh contact lens disinfecting solution — never mix fresh solution with old or used solution.
- **Clean and take care of your contact lens case.** Rub and rinse your contact lens case with contact lens solution (never water) and empty and dry it with clean tissue paper. Store upside down with the caps off after each use. Replace your contact lens case at least once every three months.
- **Give your eyes a rest.** The cornea, the transparent tissue covering each eye, gets deprived of oxygen from being covered up all day by a contact lens. Overwearing contact lenses can lead to problems that can affect vision and increase the risk of infection.
- **Remove your contact lenses** immediately and call your eye doctor if you have any eye pain, discomfort, redness or blurred vision.
- **Carry a backup pair of glasses** with a current prescription, just in case you have to take out your contact lenses.



### RESOURCES:

- <https://www.aaopt.org/newsroom/news-releases/detail/contact-lens-health-week-promotes-healthy-care>
- <https://www.cdc.gov/contactlenses/spring-break.html>
- <https://www.cdc.gov/contactlenses/protect-your-eyes.html>
- <https://www.cdc.gov/contactlenses/fast-facts.html>
- <https://www.fda.gov/medicaldevices/productsandmedicalprocedures/homehealthandconsumer/consumerproducts/contactlenses/ucm062584.htm>
- Walline JJ, Gaume A, Jones LA, Rah MJ, Manny RE, Berntsen DA, Chitkara M, Kim A, Quinn N. Benefits of contact lens wear for children and teens. *Eye Contact Lens*. 2007;33(6 Pt 1):317-21.
- \* Rah MJ, Walline JJ, Jones-Jordan LA, Sinnott LT, Jackson JM, Manny RE, Coffey B, Lyons S; ACHIEVE Study Group. Vision specific quality of life of pediatric contact lens wearers. *Optom Vis Sci*. 2010;87(8):560-6.

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