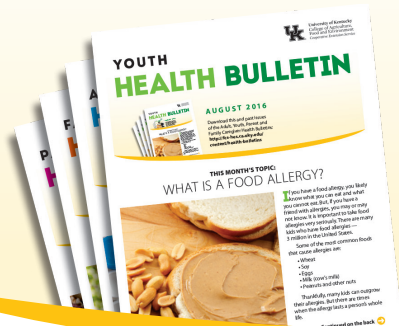




YOUTH

HEALTH BULLETIN



AUGUST 2018

Download this and past issues of the Adult, Youth, Parent and Family Caregiver Health Bulletins:
<http://fcs-hes.ca.uky.edu/content/health-bulletins>

THIS MONTH'S TOPIC:

HEALTHY CONTACT LENS HABITS



Some people need glasses and some people do not. Sometimes all the parts of the eye do not work as a team the way they should. However, eyeglasses and contact lenses — also called corrective lenses — can help most people see more clearly. A lot of people use either eyeglasses or contact lenses to see — it is very normal.

Do you know what contact lenses are?

Contact lenses are small, thin pieces of plastic that you put in your eyes to help you see. They are kind of like glasses, except they go right on top of your eyes. That may sound odd, but you cannot see them and if you put them in correctly, you cannot feel them either.

Continued on the back →



Wash your hands with soap and water, and dry them well with a clean cloth before touching your contact lenses.

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If you do not have 20/20 vision, glasses or contact lenses will help you see. After an eye exam, you will get advice from your doctor about which kind will be best for you. If you go with contact lenses — or maybe you already wear contact lenses — there are things you should know that will help you become an expert on how to wear contacts safely and keep them clean. The most important thing about contact lenses is good hygiene to help prevent infections in your eye.

Healthy ways to wear contact lenses

- **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.



- **Rub and rinse your contact lenses** with contact lens disinfecting solution — never use water or saliva.
- **Never store your contact lenses in water.**
- **Clean your contact lens case.** Only use contact lens solution — never use water.
- **Ask your parents** if you have questions about how to care for your contact lenses and case. If you are having any difficulties, let an adult know.
- **Remove your contact lenses** immediately and tell a parent if you have eye pain, discomfort, redness or blurred vision because of your contact lenses.

If you follow these tips, you will enjoy the comfort and benefits of contact lenses while lowering your chance of problems.

RESOURCES:

- <http://kidshealth.org/en/kids/glasses.html>
- <http://kidshealth.org/en/kids/word-contactlenses.html>
- <https://www.cdc.gov/contactlenses/protect-your-eyes.html>

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