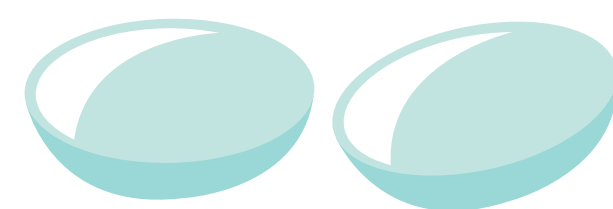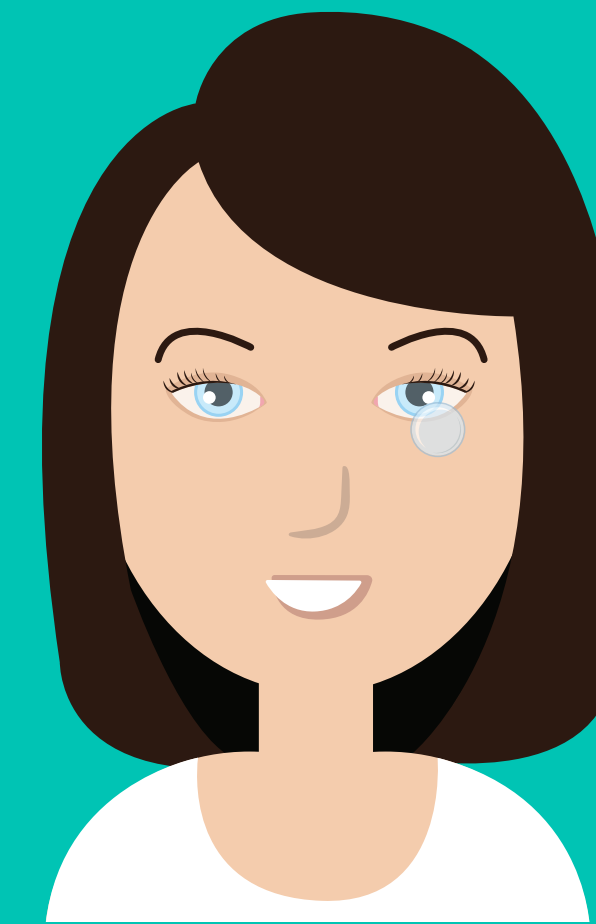# Contact Lens Safety and You!

Did you know?
Contact lenses were invented more than 100 years ago.

The first contact lenses were made from glass and later, hard plastic.

Tips on Contact Lens Safety

Always wash your hands with soap and water before touching your contacts or your eyes.

Use a contact lens disinfecting solution to clean your contact lenses and case.

Always use new solution to clean your contacts lenses and case. Rinse off your contact lenses with solution before using them.

Never sleep with your contacts in. Take them out before the Zzzzzz's hit!

Never swim or shower with your contacts in. Take them out before going in any water.

How old are your contact lenses? Replace your contact lenses as recommended by your eye doctor.

If you experience any pain with your contacts, remove them immediately and call your eye doctor.

Take care of your eyes and contact lenses. You only get one pair of eyes and no spares!

Prevent Blindness Wisconsin