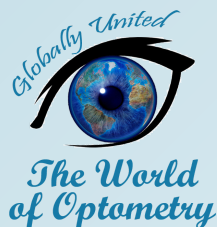


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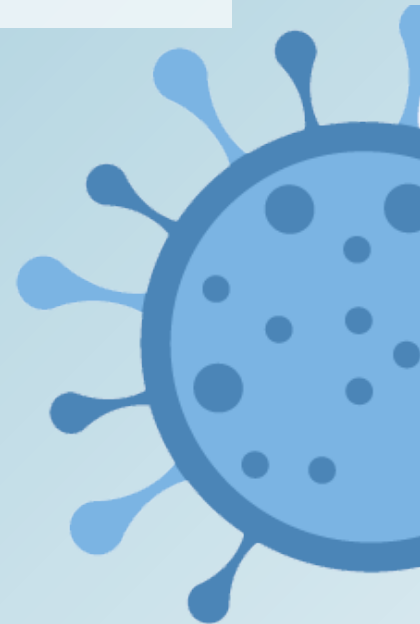
COVID-19 AND CONTACT LENSES WHAT YOU NEED TO KNOW



#TwopDiscussion

INTRODUCTION

- The eyes play an important role in the spread of the coronavirus in the world, **for one simple reason**: we touch them often, and many times we don't even notice it.
- These days **how important** it is to wash your hands frequently and for at least 20 seconds, and it's a rule that applies even more to contact lens wearers.
- Contact lenses are not only **safe**, but for many people they can also be very practical.

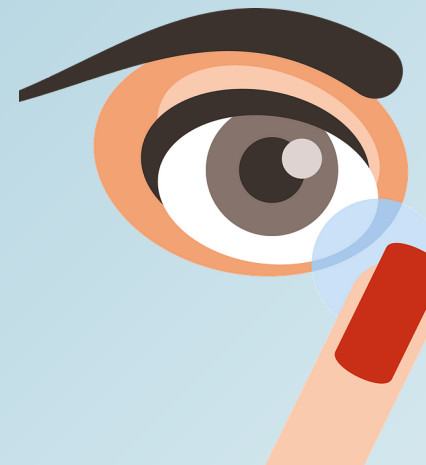


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INTRODUCTION

- Contact lenses are the **least invasive vision** correction devices when you have to wear masks, visors and other personal protection tools, because they do not require adjustments or polishing during the day.
- In addition, they offer excellent peripheral vision and do not fog up like glasses, undoubtedly useful benefits for **essential workers such as doctors and nurses.**
- This is an opportunity to rekindle the spotlight on **hygiene** and its **importance** for the correct use of lenses.



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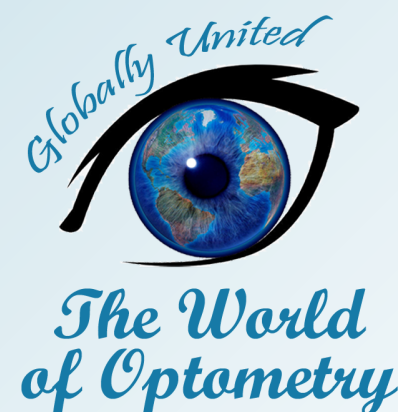
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8 TIPS

8 Tips on How to Preserve Contact Lens Hygiene:

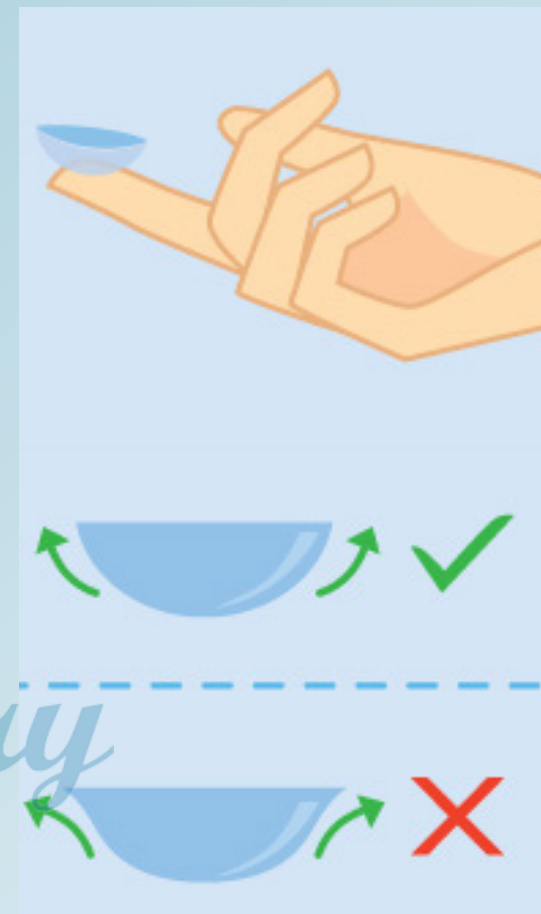
1. **Wash your hands** thoroughly and with an odorless antibacterial soap. Use a paper towel to dry them, as a traditional towel may have contaminated fibers.

2. **Clean and disinfect** your hands, and make sure they are **dry**. Try doing this in front of a mirror that is not above the sink, to prevent the lens from falling and filling with bacteria present in the water residues.

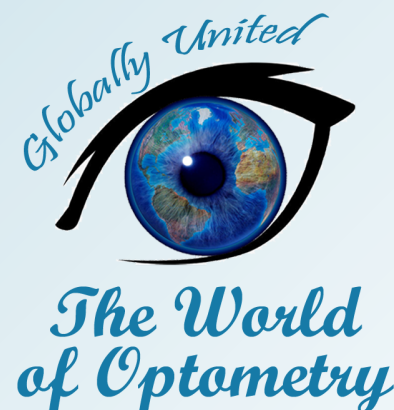


8 TIPS

3. If you can, opt for **daily disposable contact lenses**, as these reduce the risk of transmission of the virus and are more hygienic than reusable lenses. If you're interested in moving from monthly to daily, manage maintenance well.

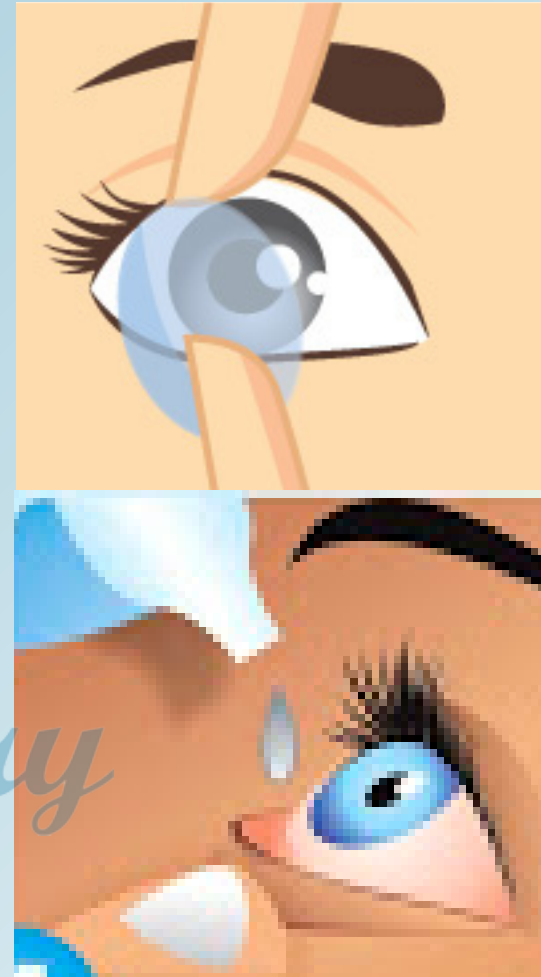


4. Limit contact with the eye by checking that the lens is in the correct direction before fitting it. Make sure the edges are facing up - when viewed from the side, the lens should resemble a bowl. If the edges skew slightly or look pointed, the lens is upside down.

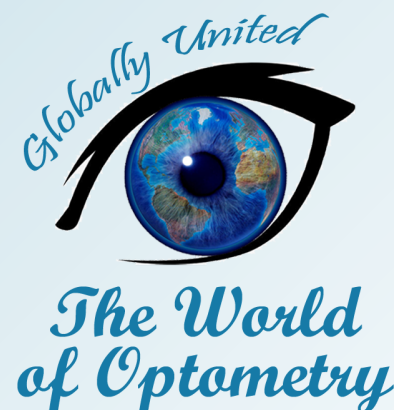


8 TIPS

In short, by taking this precaution, you save yourself the inconvenience of having to remove and replace the lenses in the correct direction. Also remember to wash your hands before touching the solution bottle or anything else.

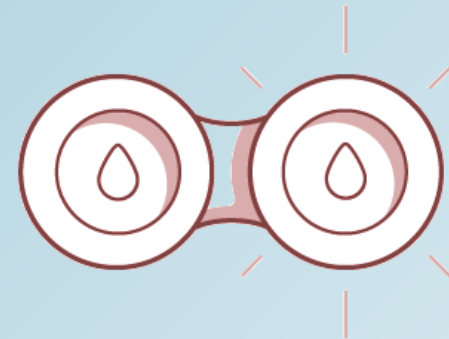


5. Do you want to use artificial tears? No problem, but make sure the tip of the bottle doesn't touch your eye. Hold the bottle a few inches away so that no contact is made.



8 TIPS

6. **Never share** contact lenses or the case with other people. Even if you do not experience any symptoms of the virus, it is not excluded that you can transmit it.



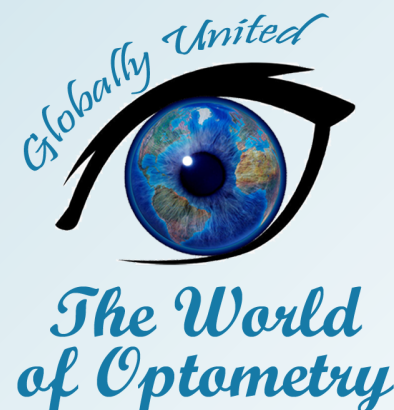
7. If you prefer to continue using monthly or fortnightly lenses, you must pay close attention to **cleaning and disinfection**. Using a cleaning liquid, scrub and rinse the lenses for 30 seconds on both sides and then store them in a clean case. Allow the lenses to disinfect and restore themselves for at least 4-6 hours, depending on the type of solution you use.



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8 TIPS

8. **Clean** the case with a solution each time you remove the lenses, using your fingertip as an exfoliant to remove any excess debris, and then leave it to air dry. **Avoid using other substances**, such as soap or other disinfectants, as they may not be safe for the eyes.



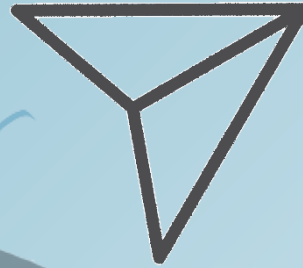
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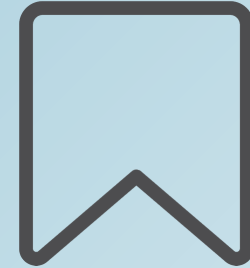
Wow, what cool content



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