Contact Lens Wear and Coronavirus

5 Facts You Need to Know During the COVID-19 Pandemic

1. **You Can Keep Wearing Your Contact Lenses**
   - There is currently no scientific evidence that contact lens wearers have an increased risk of contracting Covid-19 compared with glasses wearers. Consult your eye care practitioner with questions.

2. **Good Hygiene Habits are Critical**
   - Thorough handwashing and drying are essential, as well as properly wearing and caring for contact lenses, ensuring good contact lens case hygiene, and regularly cleaning glasses with soap and water. These habits can help you stay healthy and out of your doctor’s office or hospital.

3. **Regular Glasses Do Not Provide Protection**
   - No scientific evidence supports rumors that everyday glasses offer protection against Covid-19. This position is supported by the U.S. Centers for Disease Control and Prevention (CDC).

4. **Keep Unwashed Hands Away from Your Face**
   - Whether you wear contact lenses, glasses or require no vision correction at all, avoid touching your nose, mouth or eyes with unwashed hands, consistent with World Health Organization (WHO) and CDC recommendations.

5. **If You Are Sick, Temporarily Stop**
   - Contact lens wearers who are ill should temporarily revert to wearing glasses. You can resume use with fresh, new contact lenses and lens cases once you return to full health.

The results of a new scientific review by five prominent ocular researchers provide clear advice for contact lens wearers.