

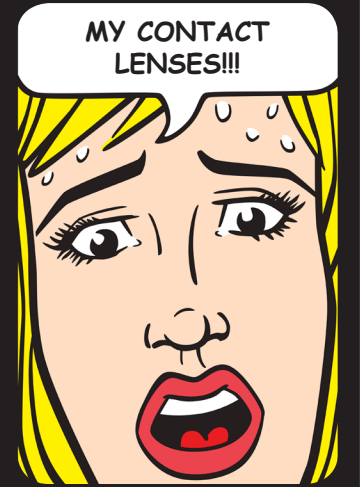
# UNEXPECTED ALL-NIGHTER?

Don't be casual with your contact lenses

IT'S LATE,  
YOU'RE TIRED,  
AND YOU'RE  
NOT GOING TO  
MAKE IT HOME  
FOR BED.



AND THEN  
IT HITS  
YOU:



No lens care? No option:  
**Throw them out.**



- ✓ **Do** keep a spare pair of lenses with you. Slip them into your pocket, wallet or purse so that you're always ready for adventure!
- ✗ **Don't** store or clean your contact lenses in anything but lens care solution. Water and other non-sterile liquids contain microorganisms that can cause serious eye infections.
- ✗ **Don't** sleep in contact lenses. Unless they have been prescribed for overnight wear by your eye doctor. Sleeping or napping in contact lenses increases your risk of infection.



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Contact Lens Assessment in  
Youth Study Group

