

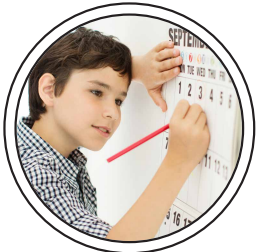
# KIDS & CONTACT LENSES: GOOD HABITS, HEALTHY EYES



Germs can make your eyes red, goopy, itchy and sore.  
Keep germs out of your eyes by following these rules:



Wash your hands with soap and water and dry them with a clean towel before touching your contact lenses or your eyes.



Only put new or clean contact lenses in your eyes. Follow your eye doctor's instructions.



Remove your contact lenses before sleeping or napping.



Take your contact lenses out of your eyes before swimming.



Share pizza, not contact lenses!

