

unexpected all-nighter?

Don't be casual with your contact lenses

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!



The cost of a pair of contact lenses is minimal compared to the risk of losing my eyesight!

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.

