

## RECOMMENDATIONS FOR PEOPLE USING VISUAL CORRECTION SOLUTIONS

### What if I wear Eyeglasses?



Wearing glasses could act as an additional layer of protection. **Your glasses may act as a barrier to protect your eyes from the virus**, although it won't provide 100% security<sup>(1)</sup>.

For those exposed to people that are potentially infected, you may want to consider **safety goggles which could be more effective**<sup>(2)</sup>.

### What if I Use contact lenses?



Contact lenses remains a **safe and effective form of vision correction**, but some professionals point out that contact lens wearers **touch their eyes more than the average person**<sup>(3)</sup>. To limit the risk of infection, **you might prefer using daily contact lenses or consider switching to eyeglasses.**

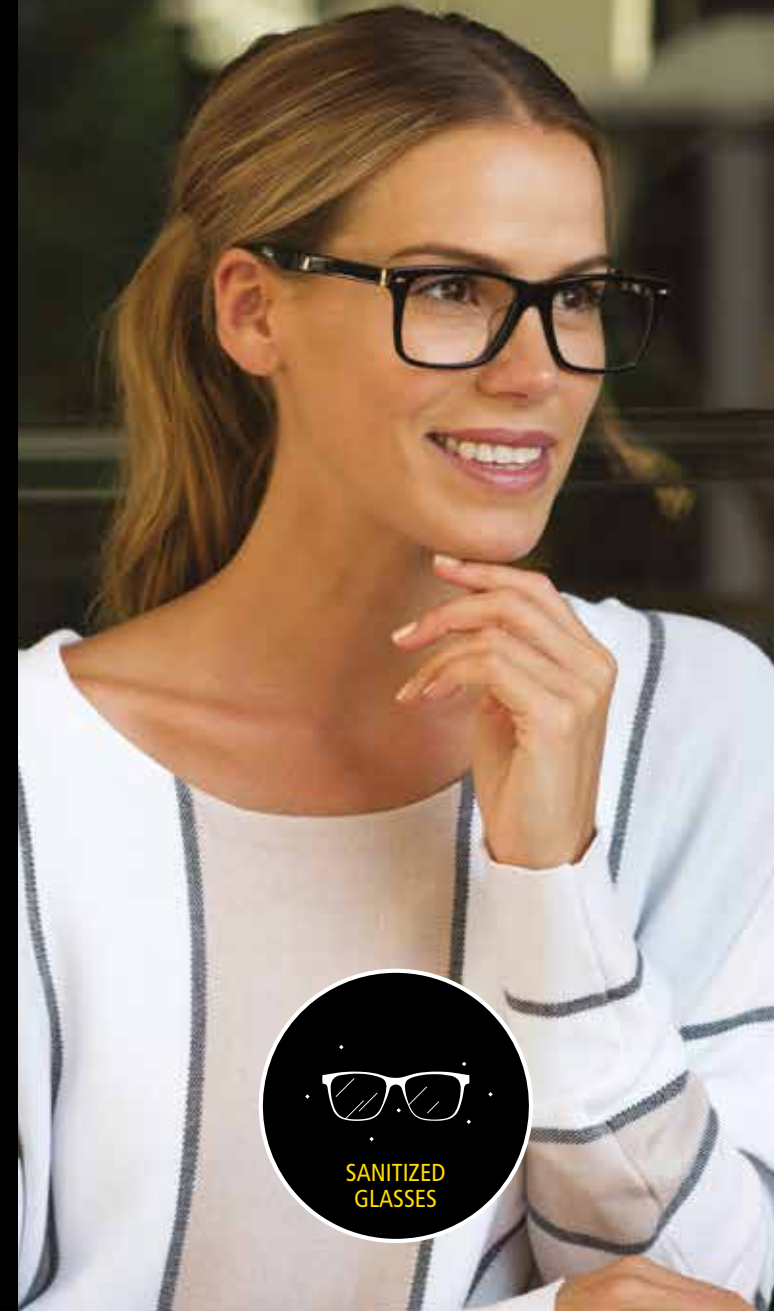
**In any case, it is recommended to clean or disinfect your eye care solution regularly.**

(1): American Academy of Ophthalmology – Eye care during the coronavirus pandemic - <https://www.aao.org/eye-health/tips-prevention/coronavirus-covid19-eye-infection-pinkeye> (April 2020).  
(2): American Academy of Ophthalmology – Eye care during the coronavirus pandemic - <https://www.aao.org/eye-health/tips-prevention/coronavirus-covid19-eye-infection-pinkeye> (April 2020).  
(3): American Academy of Ophthalmology – Eye care during the coronavirus pandemic - <https://www.aao.org/eye-health/tips-prevention/coronavirus-covid19-eye-infection-pinkeye> (April 2020).

# For more information, ask your eye care professional about the best ways to protect your eyes from the virus



## PROTECTING YOUR EYES & YOUR GLASSES IN THE CONTEXT OF COVID-19



"This document is purely for information purposes and contains in no way any compulsory undertakings. Its main purpose is to remind the reader of existing information regarding the cleaning of lenses."

## CORONAVIRUS : TRANSMISSION & THE EYES

Governmental bodies suggest that **our eyes may play an important role** in the spread and prevention of the coronavirus outbreak.

**There are two main ways the coronavirus (as well as other viruses) could get into the eye :**

### Coughs and sneezes

Virus particles can spray from the mouth or nose of a person when coughing or talking. These particles can enter your body through the mouth, nose or your eyes<sup>(1)</sup>

### Touching the eyes

The coronavirus also could be transferred from the hands to the eyes. For example, you could become infected by touching something (doorknob, shopping cart) that has the virus on it and then touching your eyes<sup>(2)</sup>.

As recommended by Health Agencies in Europe, **avoid touching your eyes, nose and mouth with unwashed hands** to reduce risk of contracting the virus.

<sup>(1)</sup>: American Academy of Ophthalmology – Eye care during the coronavirus pandemic - <https://www.aao.org/eye-health/tips-prevention/coronavirus-covid19-eye-infection-pinkeye> (April 2020).

<sup>(2)</sup>: American Academy of Ophthalmology – Eye care during the coronavirus pandemic - <https://www.aao.org/eye-health/tips-prevention/coronavirus-covid19-eye-infection-pinkeye> (April 2020).

## 4 STEPS TO CLEAN YOUR EYEGLASSES

*Without any specific recommendation from the supplier, you can clean and remove Covid-19 from your visual equipment (frame & lenses) using the liquid soap that you use for your hands too.*



### 1. Rinse your glasses under a gentle stream of lukewarm tap water

This will remove dust and other debris, which can help avoid scratching your lenses when you are cleaning them. Avoid hot water.

### 2. Apply a small drop of liquid soap on each lens and on the frame and gently rub both sides of the lenses and all parts of the frame for a few seconds.

It should take around 30 seconds.



### 3. Rinse both sides of the lenses and the frame thoroughly.

Failing to remove all traces of soap will cause the lenses to be smeared when you dry them.

### 4. Carefully dry the lenses and frame with a clean, lint-free cloth (preferably a single-use one)

Make sure the cloth is perfectly clean. Dirt or debris trapped in the fibers of a cloth can scratch your lenses.



## CLEANING EYEGLASSES : DO & DON'TS

### DO

- Make sure that you have properly washed your hands before cleaning your visual equipment.
- Use liquid soap or lotion free dishwashing liquid and a gentle stream of lukewarm tap water.

### DON'T

- Use any kind of sanitizing solution to disinfect your lenses, some commercial disinfectant sprays or wipes may ruin the frames or lenses depending on the materials
- Use your clothing on your glasses, especially when the lenses are dry. This can scratch your lenses.
- Use paper towels, napkins, tissues or toilet paper to clean your lenses. These can scratch your lenses.
- Use saliva to wet your lenses.
- Use household glass or surface cleaners to clean your eyeglasses.
- Try to «buff away» a scratch in your lenses. This only makes the situation worse.