## Cosmetic Contact Lenses - Be Safe, Not Sorry!

Cosmetic contact lenses are particularly popular at Halloween. Like contact lenses for visual correction, cosmetic contact lenses can pose a risk of harm due to improper fit, use, or care. Complications can be serious, including vision loss. If you can't resist the allure of colourful contact lenses, be sure to purchase them from a licensed eye care professional. A prescription and proper instructions will help to minimize the risks associated with these medical devices. A licensed eye care professinoal can also ensure that they lenses are obtained from a licensed manufacturer. If blurred vision, redness, discomfort, swelling or discharge occurs, stop using the lenses immediately and see your doctor of optometry.

Ensure Make-up Is Safe

Use products that are hypo-allergenic and make sure that any additives to the face paint are approved (check the recalls list at Health Canada if you are unsure).
When applying make-up near or around the eye, stay away from the lid, or lash line—the area where you would normally apply eye liner. If you are applying make-up very close to the eye, use only products approved for use in that area such as an eye-liner or eye shadow. Do not use blush or lip-liner to create a "red" effect, as some ingredients may not be approved for use in the eye and bacteria from the mouth can be transmitted to the eye.
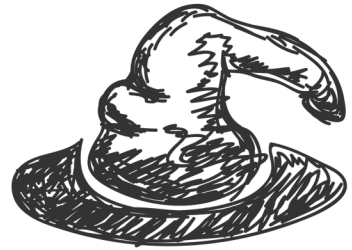
Keep Costumes Safe

Avoid sharp or pointy objects such as swords in costumes. If your child must carry a sword, makes sure it is secured to the outfit. If your child does get poked in the eye, thoroughly inspect it for any signs of redness, decreased vision or pain. Eye injuries may be more serious than they appear. If your child reports pain or blurred vision in the eye or if the eye is discolored or bloodshot, you should take your child to see a doctor of optometry as soon as possible. Ensure masks do not obstruct vision.

Be Seen After Dark

Use reflective tape and stickers on costumes and treat bags to increase visibility. Take a flashlight or wearable LED light so you can see and been seen.