



April 22, 2020

Dear Members and Followers,

During these uncertain times, the World Council of Optometry is fortunate to have worldwide support from you and our partner organizations to help navigate, innovate, and continue to move our mission forward. As healthcare advocates, we are committed to dispelling any misinformation and therefore are issuing the below information and recommendations regarding responsible contact lens and glasses use for you and others to use and circulate. This scientifically based information has been compiled and published in the *Contact Lens & Anterior Eye Journal* in [this](#) article by Lyndon Jones, Karen Walsh, Mark Willcox, Philip Morgan, and Jason Nichols and we have included links below to other professional eyecare and health organizations for additional advice. We will continue to issue information in the following links and wish you good health.

To further support you, they have developed a clear informatic diagram and a whiteboard video which reinforce this information, which can be found at [covidyefacts.org](http://covidyefacts.org). These are both useful tools that can be used to further disseminate this information within your regions to national health authorities or other health care colleagues and, of course, to your patients.

Keep well and stay safe,

Paul Folkesson, WCO President

## COVID-19 and contact lenses: the facts you need to know

A new peer-reviewed paper from five of the world's most prominent ocular scientists reassures contact lens wearers during the global COVID-19 / coronavirus pandemic. We have assembled a series of evidence-based materials to help contact lens wearers, spectacle wearers and eye care professionals understand the most important facts

### 1. You Can Keep Wearing Contact Lenses.

There is currently no scientific evidence that contact lens wearers have an increased risk of contracting COVID-19 compared with spectacle wearers. Consult your eye care practitioner with questions.

### 2. Good Hygiene Habits are Critical.

Thorough handwashing and drying are essential, as well as properly wearing and caring for contact lenses, ensuring good contact lens case hygiene, and regularly cleaning glasses with soap and water. These habits can help you stay healthy and out of your doctor's office or hospital.

### 3. Regular Eyeglasses / Spectacles Do Not Provide Protection.

No scientific evidence supports rumors that everyday glasses offer protection against COVID-19.

### 4. Keep Unwashed Hands Away from Your Face.

Whether you wear contact lenses, glasses or require no vision correction at all, avoid touching your nose, mouth and eyes with unwashed hands, consistent with World Health Organization (WHO) and U.S. Centers for Disease Control and Prevention (CDC) recommendations.

### 5. If you are ill, temporarily stop wearing your contacts and use your glasses instead.

Once you return to full health and have spoken with your optometrist/eye care practitioner, you can start again. Make sure to use new contact lenses and a new lens case.

Center for Disease Control and Prevention (CDC) [advice on contact lens wear](#) under "How to Protect Yourself"

CDC [advice on hand washing](#)

World Health Organisation [advice on hand washing](#)

American Optometric Association [advice for contact lens wearers during COVID-19](#)

American Academy of Optometrists [evidence-based advice on glasses and contact lens care and usage during the pandemic](#)

Contact Lens Institute sharing [CDC message about contact lens wear](#)

British Contact Lens Association (BCLA) [advice for contact lens wearers](#)

National Keratoconus Foundation [advice on COVID-19 and Corrective Lens Wear](#)