

COVID -19 Update

We Are Here For You!

To our patients: We want you to know that we are monitoring the COVID-19 outbreak very closely. We are constantly looking for updates from the CDC, and other sources as to how best to deal with the situation. At the same time, we are committed to taking care of our patients. Our office has always been committed to providing you, our patients, with maximum protection from infectious diseases. We continue to follow our universal protocols. We have health and safety guidelines in place to ensure the health of our patients and staff. Further, we would prefer that our patients not expose themselves to higher risks by going to the emergency room for eye related problems. Please call our office to schedule an appointment if you need to be seen.

Once the risk of COVID-19 has passed, we expect a surge in requests for eye appointments, and we are now taking steps to be prepared for this surge. If you are due for an eye exam between May and August of this year, we strongly encourage you to call us to schedule that appointment now. Summer months are customarily busy ones for us in a normal year, and we anticipate this year will be significantly busier as appointments canceled for the sake of “social distancing” get rescheduled once restrictions are lifted. We look forward to seeing you soon.

Contact Lens Wear During COVID-19

Contact Lens wear is safe during the pandemic

- **People Can Keep Wearing Contact Lenses.** Contact Lenses themselves will not give you COVID-19. Contact lens wearers should **always** practice good hygiene when handling lenses. There is currently no scientific evidence that contact lens wearers have an increased risk of contracting COVID-19 compared with glasses / spectacles wearers.
- **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 / spectacles with soap and water. These habits will help wearers stay healthy and out of their doctor's office or hospital, thereby minimizing impacts on the wider healthcare system.
- **Keep Unwashed Hands Away from the Face.** Whether people wear contact lenses, glasses / spectacles or require no vision correction at all, individuals should avoid touching their nose, mouth and eyes with unwashed hands, consistent with World Health Organization (WHO) and U.S. Centers for Disease Control and Prevention (CDC) recommendations.

- **Regular Eyeglasses / Spectacles Do Not Provide Protection.** No scientific evidence supports rumors that everyday eyeglasses / spectacles offer protection against COVID-19.
- **If You Are Sick, Temporarily Stop Wearing Contact Lenses.** Contact lens wearers who are ill should temporarily revert to wearing eyeglasses / spectacles. They can resume use with fresh, new contact lenses and lens cases once they return to full health.
- **Exercise Proper Hand Washing.** When using contact lenses or spectacles, one should wash their hands carefully and thoroughly with soap and water for at least 20 seconds, followed by hand drying with unused paper towels. This should occur before every contact lens insertion and removal. If soap and water are not readily available, use a hand sanitizer. People should avoid touching their eyes, nose, and mouth with unwashed hands.
- **Disinfect Contact Lenses.** Contact lens wearers should either dispose of their daily disposable lenses each evening, or regularly disinfect their monthly and two-week lenses according to instructions.
- **Discontinue Lens Wear If Sick.** Consistent with recommendations for other types of illness, those who feel ill with cold or flu-like symptoms should cease contact lens wear.
- If you have a contact lens prescription that is near expiring or has recently expired, contact us.
- Healthy individuals can continue to wear and care for their lenses as prescribed.

Click here for further information on healthy habits for contact lens wear
<https://www.eyetexas.com/services-specialties/optical-contact-lens-services/>)