

We are pleased to announce that we are open for appointments.

The safety of our patients and staff is the highest priority for our practice. We have always been committed to providing you, our patients with maximum protection from infectious diseases. We continue to follow our universal protocols. As we care for you, please be aware that we are strictly following all guidelines provided to us by local, state and federal governments as well as the Centers for Disease Control and Prevention (CDC), National Institutes of Health (NIH), Occupational Safety and Health Administration (OSHA) and other authorities.

We continue with stringent measures maintaining cleanliness in the office. We have safety protocols in place at the practice to ensure you and our team are safe, including number of exams per hour and new processes for sanitizing eyewear. When you schedule an appointment, we will reach out to you to let you know our new protocol in greater detail

We feel confident in our ability to see patients and provide primary care according to our **Tradition of Quality** that you have come to respect and deserve.

- We are open for regular business hours for all services.
- Entry to the office is **by appointment only**. This includes anyone who needs to pickup glasses or contact lenses and anyone needing adjustments.
- We are scheduling appointments for new and existing patients.
- Individual examination rooms are disinfected before and after every patient exam, including all surfaces, instrumentation, door handles, and equipment.
- Our optical boutique has additional precaution measures to take care of your needs.
- All eyewear selections are done one-on-one with our optician. Frames are separated and sanitized after trying on.
- Alcohol sanitizer is available in all areas of our office.
- Prior to arrival for your appointment you will receive a screening questionnaire.
- Door is locked: phone call when you arrive.
- Your temperature will be taken upon arrival.
- **Masks are required**. If you do not have one. We will provide one for you.
- If it is not essential for a family member to join you for the visit, we ask that they not accompany you to the office. We have a limited guest policy for our patients. We ask that any guests that come with the patient for the appointment, remain in the lobby. The exceptions are for pediatric patients, who are allowed ONE parent in the office. If you have a physical or medical disability that requires a caretaker, please inform the staff. We have a Limited Guest policy for our patients.

Thank you for entrusting Eye & Contact Lens Associates of North Texas, with your vision and eye care needs.



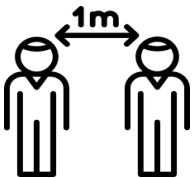
Meticulously cleaning frequently touched areas and surfaces.



All staff members are thoroughly washing their hands throughout the day.



Soap and hand sanitizer are conveniently placed for patient use.



Safe distancing practices are in place at all times



Providing the proper gear for our staff.



Temperature checks



Wellness Form

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/>