

October

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# Halloween Safety Month



## Keep your eyes safe from costume contacts

Ophthalmologists advise to stay away from over-the-counter non-prescription colored contacts, which can damage eyes and your vision. A recent study has shown that chemicals such as chlorine were found in three types of non-prescription costume contact lenses.

Researchers stated that the chemicals may have come from the coloring used to tint and create patterns on the contact lenses. Their study also found that these imprints of colors on the lenses contained uneven surfaces which they noted could scratch the eyes, in turn allowing bacteria into the eye causing infection and in some cases even blindness.

### Costume contacts safety guidelines

In order to safely wear decorative contacts during Halloween or when dressing up throughout the year, the American Academy of Ophthalmology recommends following these guidelines.

### Buy approved products

Buy FDA-approved products from retailers who require a prescription. If you do not have a contact lens prescription, obtain a valid prescription from your eye care professional.

Sources: All About Vision, AAO, AOA, Glaucoma.org, NIH.gov

### Use a current prescription

If you have 20/20 vision, a contact lens prescription allows them to fit the contact lens to your eye, minimizing the risk of eye infection and bacterial buildup.

### Pay attention to eye infections

Any swelling, redness, excessive discharge, or pain can be a sign of eye infection. If any of these symptoms are noticed, see an ophthalmologist immediately. Eye infections can cause blindness if left untreated.



### Regular eye exams are important

Did you know all of your body's veins and arteries end in your eye? That's why your eye exam is key in detecting early chronic and systemic diseases like diabetes and hypertension. Your eye exam is one of the most important preventative care services available to you.

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