

## **COVID-19 and The Eye**

According to the American Academy of Ophthalmology, there are several reports that suggest the virus can cause conjunctivitis (viral pink eye), BUT it is rare. It also reports that COVID-19 can be transmitted by aerosol contact with the conjunctiva.

The Academy and federal officials recommend protection for the mouth, nose, **and eyes** if you are exposed to anyone potentially infected with the virus. Corrective lenses or sunglasses can shield your eyes from infected respiratory droplets. But they don't provide 100% security. The virus can still reach your eyes from the exposed sides, tops and bottoms of your glasses. If you're caring for a sick patient or potentially exposed person, safety goggles may offer a stronger defense.

If you are sick **do not wear contact lenses**. Otherwise, cautiously wear contact lenses during this time. Consider wearing glasses more often. 1 a day contacts are better but if you must reinsert the same contacts, I highly recommend using a hydrogen peroxide solution like Clear Care to disinfect your lenses. I have a limited supply of Clear Care. If you would like a sample, please let us know. Carefully follow the instructions for use.

If you don't have a pair of glasses please call us. At this time, we can still get orders placed.

Lastly, Avoid Rubbing Eyes. We all do it, especially now during this high allergy season. While it can be hard to break this natural habit, doing so will lower your risk of infection. If you feel an urge to itch or rub your eye or even to adjust your glasses, use a tissue instead of your fingers.

Dry eyes can lead to more rubbing, so add moisturizing drops to your eye routine. We are all using electronic devices more to entertain ourselves, and the tendency is to stare. SO, remember to Blink. If you must touch your eyes for any reason — even to administer eye drops — wash your hands first with soap and water for at least 20 seconds.

As always, we are here to care for your eyes.

Dr. S. Palomino, OD  
The Vision Place