

CORONAVIRUS/COVID-19 CONTACT LENS CARE

RE-ORDERING PRODUCT

If you have previously placed an order through the clinic you can re-order online at kp2020.org, or by calling your [VISION ESSENTIALS LOCATION](#)

If your contact lens prescription has expired, please contact your [VISION ESSENTIALS LOCATION](#) to speak to an optometrist about possibly extending your prescription.



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 that contains at least 60% alcohol. Avoid touching your face, 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 from the manufacturer and one's doctor of optometry.



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. Healthy individuals can continue to wear and care for their contact lenses as prescribed by their doctor of optometry



GLASSES ARE NOT PROVEN TO OFFER PROTECTION**

There is no scientific evidence that wearing spectacles or glasses provides protection against COVID-19 or other viral transmissions.



DISINFECT SPECTACLES AND GLASSES

Some viruses such as COVID-19 can remain on hard surfaces for hours to days, which can be transferred to spectacles wearers' fingers and faces.

**Per AOA/American Optometric Association guidelines
<https://www.aoa.org/contact-lens-wear-during-covid-19>

kp2020.org

Kaiser Permanente members typically have coverage for medically necessary eye examinations, and some members, including those members with the pediatric vision benefit under their Affordable Care Act plan, may be able to apply a supplemental benefit to their purchases. Otherwise, the services and products described here are provided on a fee-for-service basis, separate from and not covered under your health plan benefits, and you are financially responsible to pay for them. For specific information about your covered health plan benefits, please see your Evidence of Coverage. 3/26/2020