

# Eye Care in the Time of COVID-19

## Ophthalmology Department



As your Kaiser Permanente eye doctors, we are committed to giving you the best eye health care. We want to recommend some simple and effective eye care practices that can help as we all adapt to sheltering at home.

### 1. AVOID WEARING CONTACT LENSES

Please avoid touching your eyes, face and nose to avoid contamination with virus. Using contact lenses, requires you touch your eyes to insert and remove them and when they feel irritating. Leaving your contact lenses in the case and out of your eyes will reduce the risk of touching your eyes and face. The COVID-19 virus has also been detected in tears. You can become infected with the virus if it is on your hands and you touch your eyes, or if droplets of virus contact the eyes. Therefore, it is wise to avoid touching your eyes if possible. Leaving your contacts out will also reduce the risk of you getting any other eye infection, which is more common when you wear contact lenses.



### 2. USE GLASSES INSTEAD

We recommend that you wear your eyeglasses until COVID-19 precautions are lifted. Glasses provide a barrier to stop you from rubbing or touching your eyes. Glasses can also protect against droplets splashing into the eye, where virus could enter your body.



**TIP! If your computer screen is hard to see with your glasses, increase the font size until it is clear.**

### 3. CARE OF YOUR EYES WITH PROLONGED SCREEN TIME

As we spend more time at home, we are using screens more often as well. Screen time causes eye fatigue and dry eyes. The following measures will help keep your eyes relaxed and moist.

- **Take frequent breaks from the screen.**

You could try the 20:20:20 rule. Every 20 minutes look 20 feet away for 20 seconds.

- **Use a warm moist hand towel** to gently compress your closed eyelids for 2 minutes at the start and end of each day; this helps to clear the tear film in your eyes.



- **Use artificial tears** (available online) 3-4 times a day if your eyes are tired or feel heavy with computer use.



- **Desktop humidifiers** are useful if your work keeps you at a desk all day.

### 4. CARE OF YOUR EYES WITH SHELTER AT HOME

As we find ways to keep ourselves busy at home, remember to use safety glasses while gardening, doing carpentry, or any projects that might cause eye injury.



During this time, we hope to avoid having you come to the hospital or eye clinic.  
**We want you to continue to see well and thrive!**