

Eye Safety measures during COVID-19 outbreak

Our eyes might play an important role in the spread and prevention of the new coronavirus outbreak seen throughout the globe. According to the experts -guarding your eyes along with your hands and mouth can slow the spread of coronavirus. Please find the following eye safety measures related to Coronavirus.

Coronavirus can spread through the eyes:

- When an infected person coughs or talks, virus particles can travel from their mouth or nose into another person's face. There is chance to inhale these droplets through your mouth or nose, but they can also enter through your eyes.
- You can also become infected by touching something that has the virus on it — like a table, doorknob, digital devices or other objects and then touching your eyes.

How to take care of your eyes during this pandemic:

- **If you wear contact lenses, switch to glasses for a while** :Contact lens wearers touch their eyes more than the average person leading higher probability of infection. If you continue wearing contact lenses, follow basic hygiene rules to limit your chances of infection.
- **Wearing glasses may add a layer of protection** :Spectacle lenses or sunglasses can shield your eyes from infected respiratory droplets. However, they don't provide 100% safety & security against infection.
- **Avoid rubbing your eyes** :Please follow this meticulously. If you touch your eyes for any reason even to administer eye medicine wash your hands first with soap and water/alcohol-based hand sanitizer for at least 20 seconds.

Important notes:

- **Coronavirus may cause pink eye — but it's rare:**
Health officials believe viral pink eye, or conjunctivitis, develops in about 1% to 3% of people with coronavirus. The virus can rapidly spread by touching fluid from an infected person's eyes, or from objects that carry the fluid.
- **Eye care procedures may be delayed during the pandemic-Don't panic:**
A major part of the world is currently under complete locked down to combat Coronavirus. It's obvious that routine patient visits will be rescheduled. Any eye surgeries and procedures that are not emergencies will be postponed.

KEEP SOCIAL DISTANCING - STAY SAFE