0:00 – 0:01 TAKE THEM OUT!

0:01 – 0:07 TAKE THEM OUT! Sleeping in contacts increases the risk of eye infection up to **8 times**.

0:08 – 0:09 GET YOUR EYES CHECKED.

0:09 – 0:16 E.F. P… GET YOUR EYES CHECKED. Visit your eye care provider at least once a year for a checkup to help keep your eyes healthy!

0:17 – 0:18 PROTECT YOUR EYES

0:18 – 0:26 (character dumps solution out of contact lens case). PROTECT YOUR EYES. Dump old solution & add new solution every time.

0:26 – 0:27 WATER AND CONTACTS DON’T MIX.

0:27 – 0:36 WATER AND CONTACTS DON’T MIX. Take your contacts out before swimming or showering.

0:37 – 0:44 Healthy Habits Mean Healthy Eyes. [www.cdc.gov/contactlenses](http://www.cdc.gov/contactlenses)