



Contact Lens Wear and coronavirus (COVID-19) guidance

In response **COVID-19**, public health organisations and government health officials are putting in place plans to ensure that people receive the right advice, care and support and that you have the best information, environment and equipment to do your job.

UK Primary Health Care COVID-19 guidance

BCLA knows that Eye Care Professionals will be prepared and follow the [new guidance from NHS England](#) and other government and professional bodies. It is important that all patients are assured that procedures are being rolled out to help minimise the spread of the virus.

Health Protection Scotland has issued [updated advice for opticians and optometrists](#). There are also updates for those practising or living in [Wales](#) and [Northern Ireland](#), so you can stay up to date with the latest information and advice from your country's health authority and ensure you take appropriate precautions, if required.

NHS England and NHS Improvement has published a new coronavirus [standard operating procedure \(SOP\) for providers of eye care outside of hospitals in England](#). The document covers what preparations each optical practice should put in place as well as detailing the information practices should give to the public about the virus, including practice posters. It highlights the generic principles for primary care settings and providers in dealing with a patient with coronavirus, including identifying potential cases as soon as possible before clinical care has started.

Healthy contact lens wear and care for your patients

There is no evidence to date that contact lens wear should be avoided by healthy individuals, or that contact lens wearers are more at risk for a coronavirus infection compared to those wearing spectacles.

There is currently no evidence to suggest any correlation between the usage of contact lenses and the spread of COVID-19 or a coronavirus infection related to contact lens use.

To help maintain healthy contact lens wear all contact lenses wearers should follow correct lens wear and care instructions, as prescribed by you their Eye Care Professional.

These will of course include following good hygiene practices and advice to avoid lens wear if the contact lens wearer is feeling unwell, in particular with any cold or flu-like symptoms.

Please encourage your patients to seek guidance from their Eye Care Professional if in doubt or have any queries.

[BCLA Wearing and Caring guides](#) are available to download.

Always wash your hands

Public health messages from across the world are urging people to wash their hands to help prevent the spread of the virus. The US-based Centers for Disease Control and Prevention has issued [coronavirus guidance](#) stating that eyes should not be touched with *unwashed* hands.