

# COVID-19 OCULAR ASSOCIATIONS IN THE SCIENTIFIC LITERATURE: SYNOPSIS 9

The COVID-19 pandemic began in December and has affected people in nearly every country in the world. We provide a summary of ocular-related associations with COVID-19 in the literature, and we plan to update this as we become aware of new manuscripts. Thus far, it appears that approximately 1-5% of COVID-19 patients experience conjunctivitis and very few COVID-19 patients exhibit virus in their tears.

**Jones L, Walsh K, Willcox M, Morgan P, and Nichols J. The COVID-19 pandemic: Important considerations for contact lens practitioners. *Contact Lens and Anterior Eye*. 2020**

- Currently no evidence to suggest an increased risk of contracting COVID-19 through contact lens wear
- Currently no scientific evidence that wearing standard prescription spectacles provides protection against COVID-19
- Contact lens wearers should be reminded to minimize risk of complications
- Optometrists should manage adverse events to minimize the impact on the wider healthcare services
- Optimal contact lens behaviors include:
  - Thoroughly washing hands with soap and water and drying with paper towels before application and removal
  - Daily contact lens cleaning and correct case care for reusable contact lenses according to appropriate guidelines
  - Contact lens exposure to water must be avoided
  - Advise patients to reduce or eliminate sleeping in their contact lenses
  - Consider moving patients to daily disposable lenses
  - Patients should avoid touching their eyes, nose, and mouth with unwashed hands
  - Avoid contact lens wear altogether if unwell

For a copy of the paper: [covid19cl.com](https://covid19cl.com)



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