The Eye and COVID-19

Experts say guarding your eyes can slow the spread of coronavirus. When a sick person coughs or talks, virus particles can spray from their mouth or nose into another person’s face. You can also become infected by touching something that has the virus on it and then touching your eyes.  
**1. The coronavirus may cause pink eye, so avoid touching eye discharge.**  
A recent study suggests that up to one third of people hospitalized with coronavirus experience eye problems, such as viral pink eye or conjunctivitis.  
**2. If you wear contact lenses, consider switching to glasses for a while.**  
Contact lens wearers touch their eyes more than the average person. Substituting glasses for lenses can decrease irritation and force you to pause before touching your eye.  
**3. Wearing glasses may add a layer of protection.**  
Corrective lenses or sunglasses can shield your eyes from infected respiratory droplets. But they do not provide 100% security. If you are caring for a sick patient or potentially exposed person, safety goggles may offer a stronger defense.