



COVID-19 and Your Eye Care

If you are visiting your ophthalmologist's office, we understand you may feel nervous about going to your appointment after the recent coronavirus pandemic (COVID-19) and knowing that the virus is still prevalent. Rest assured that ophthalmologists, like all medical professionals, follow strict guidelines for cleaning and disinfecting.

New procedures for routine and urgent eye care

Limiting close physical contact among people is key to helping reduce the spread of the coronavirus. Symptoms of coronavirus—such as fever, cough, shortness of breath, fatigue, and headache—can appear two to five days after a person is exposed. Many people with COVID-19 may also be without symptoms but still spreading the virus. People with severe infections can develop pneumonia or other complications, which can be life-threatening.

Although almost all eye care clinics have gone back to in-person appointments, some may continue to offer "virtual" telemedicine visits over the phone or through video chat on a computer or smartphone for patients who are high risk or concerned about coming in person for appointments.

For in-person appointments, here are some practices that your ophthalmologist may establish to protect patient health in the office or clinic setting given potential exposure to COVID-19.

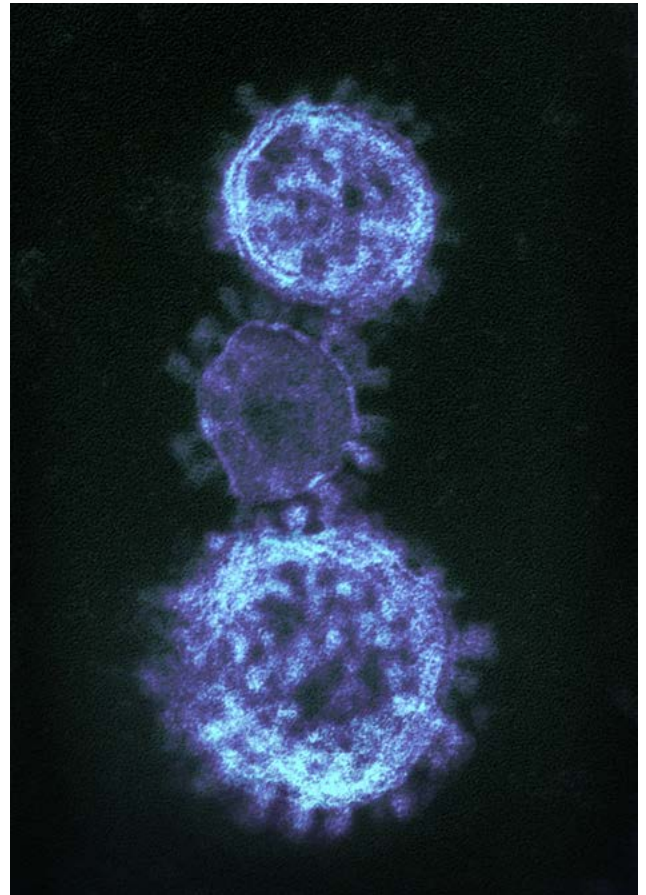


Photo: National Institute of Allergy and Infectious Diseases (NIAID).

Expect changes to eye exams and procedures:

- You may be asked to wear a mask to your appointment and keep it on at all times during the appointment. If you do not have a mask, the eye clinic may provide one for you.
- The clinic has likely made changes to more thoroughly clean rooms between patients, which could change your typical visit experience or cause some delays.

- The clinic may still be restricting the number of people that enter. If you do not need someone there with you, please do not bring your driver or companion inside the office to your appointment.
- Staff may ask you questions about your risk of exposure to COVID before you can enter.
- Your eye doctor may wear a mask or use a special plastic breath shield on the slit-lamp machine they use to look into your eyes.

You will be asked to follow special guidelines for safety.

- If you have a cough or a fever, or have been in close contact with someone who has these symptoms, you must call your doctor's office ahead of time and let them know. If your visit is not an emergency, you may need to reschedule your appointment.
- If you arrive sick, your doctor may ask you to go home. If you have an eye problem that must be seen right away, you will be asked to wait in a special room away from other patients. The clinic staff and your ophthalmologist may wear additional protective equipment, such as a plastic shield or goggles, gown, and gloves while examining you.
- You may need to be tested for COVID-19 two to five days before having surgery.
- If you need to cough or sneeze during your exam, move back from the slit-lamp microscope machine. Bury your face in the crook of your arm or cover your face with a tissue. Wash your hands with soap and water right away.

Ophthalmologists are always available for eye emergencies.

Remember that ophthalmologists are always available to treat urgent/emergency eye issues, deliver eye injections and provide critical care.

Call your ophthalmologist or other medical doctor as soon as possible in the following situations:

- You have missed your regular eye appointments and have macular degeneration or diabetic retinopathy and get regular eye injections
- You notice changes in your vision (like blurry, wavy or blank spots in your field of vision)
- You have an eye injury, even if it seems minor
- You notice new floaters or flashes in your vision
- You suddenly lose some vision in one or both eyes
- You have a red eye or eye pain, especially if it is accompanied by headache, nausea or vomiting, or a lot of pus-like discharge

How can coronavirus affect your eyes?

Coronavirus can spread through the eyes—just as it does through the mouth or nose. When someone who has coronavirus coughs, sneezes, or talks, virus particles can spray from their mouth or nose onto your face. You are most likely to breathe these tiny droplets in through your mouth or nose. But the droplets can also enter your body through your eyes. You can also become infected by touching your eyes after touching something that has the virus on it.

It might be possible for coronavirus to cause a pink eye infection (conjunctivitis), but this is usually treated similar to other types of conjunctivitis. If you get pink eye, don't panic. Simply call your ophthalmologist to let them know and follow their instructions for care. Keep in mind that whether pink eye is caused by a virus or bacteria, it can spread if someone touches that sticky or runny discharge from the eyes, or touches objects contaminated by the discharge. Wash your hands and use hand sanitizer often. Do not share towels, cups or utensils with others.

Protecting your eyes and health

Guarding your eyes—as well as your hands, nose, and mouth—can slow the spread of coronavirus. Here are some ways to you can keep your eyes safe and healthy during this coronavirus outbreak.

Wearing glasses may add a layer of protection.

Corrective glasses or sunglasses can shield your eyes from infected respiratory droplets. But keep in mind that they don't provide 100% security. The virus can still reach your eyes from the open

sides, tops and bottoms of your glasses. For better protection, you must use safety goggles if you're caring for a sick or potentially exposed person.

If you wear contact lenses, make sure you wash your hands well before inserting and removing your lenses, and keep your hands away from your eyes at other times.

Make sure you refill your medications well in advance of running out.

If your insurance allows you to get more than one month of necessary eye medicine (like glaucoma drops), you should. Some insurers will approve a 3-month supply of medication, especially via mail order. Ask your pharmacist or ophthalmologist for help if you have trouble getting approval from your insurance company. As always, request a refill as soon as you are due. Don't wait until the last minute to contact your pharmacy in case you are unable to go to the pharmacy due to the need to isolate for COVID infection in you or a family member.

Avoid rubbing your eyes.

It can be hard to break this natural habit, but doing so will lower your risk of infection. If you feel an urge to itch or rub your eye or even to adjust your glasses, use a tissue instead of your fingers. Dry eyes can lead to more rubbing, so consider adding moisturizing drops to your eye routine. If you must touch your eyes for any reason—even to use eye medicine—wash your hands first with soap and water for at least 20 seconds. Then wash them again after touching your eyes.

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Use common sense to stay healthy.

- Wash your hands often
- Follow good contact lens hygiene
- And avoid touching or rubbing your nose, mouth and eyes.

If you have any questions about your eyes or your vision, be sure to ask your ophthalmologist.

COMPLIMENTS OF:

