

Ways To Protect Your Eyes When Swimming



Use lubricating eye drops to moisturize your eyes before heading to the pool.



Use water-tight swim goggles to protect your eyes from harmful chemicals.



Avoid swimming with your contact lenses on to prevent contamination.



Discard contact lenses if they come into contact with pool water.



Gently splash fresh water on your closed eyes after swimming.



Repeat the use of lubricating eye drops after swimming for added comfort.

References

1. Pool Of Knowledge: Educate Patients On Swimming And Eye Safety; American Optometric Association
2. Grab Your Goggles: Summer Eye Safety Tips For Swimmers; University Of Utah Health
3. What You Should Know About Swimming And Your Eyes; American Academy Of Ophthalmology