

Ht City

Eye care in monsoon

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HOT TIPS

Eye care in monsoon



- 1 Raining infections:** Incidents of allergic conjunctivitis, dry eye, sty and other infections increase during monsoon due to poor hygienic conditions.
- 2 Stay clean:** Do not touch your eyes without washing your hands. Children love playing in water-logged streets; this can bring home waterborne bacteria and cause eye infections.
- 3 Protection:** Do not wipe your face with the towel that has been used to clean your hands or your body. Repeated use of the towel may spread microbes to your eyes and cause infection.
- 4 Direct impact:** Protect your eyes from wind and rain, especially if you wear contact lenses.
- 5 Contact care:** Carry your complete contact lens kit during monsoon. Discontinue wearing your lens if there is redness of eyes.

AROMA SAH
(With inputs from Dr Parul M Sharma, senior eye surgeon, Max HealthCare)