



EYE CARE FOR SWIMMERS

Swimmers can also care for their eyes by using artificial tears or saline drops. If you wear contact lenses, do not wear them in the water. It is best to swim only in familiar or safe locations.

Eye Issues With Swimming

Chlorine and other chemicals that are used to clean swimming pools can wash away the tear film, which is why swimmers can experience stinging in their eyes. This is also why their eyes look red after some time in the water. For this reason, frequent swimmers often develop dry eyes.

Swim Goggles

Goggles protect the tear film by keeping pool chemicals away from the eyes. If you're used to wearing prescription lenses, you can talk to a doctor about getting prescription goggles to better enjoy your swim.

Eye Issues With Swimming

A single swimming session can expose your contact lenses to bacteria, which will continue to grow on the surface of your lenses even after you leave the water.

Swim Where You Know

Swimming in places where you're generally aware of the water content cuts down on the chances that you may expose your eyes to something dangerous

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