



Eye doctor cautions people to protect eyes from Corona virus ..

Hyderabad , Aug 25 (HS) : A doctor at L.V. Prasad Institute has cautioned people to protect their eyes from the Coronavirus by wearing eye glasses as the virus could enter the body through the eye.

Ophthalmologist Dr Akshay Badakere at L V Prasad Eye Institute in Hyderabad said that the current Coronavirus crisis has taught many lessons, especially in terms of personal hygiene and precautions that we now need to take before stepping out of our homes.

One important safety measure is to cover the mouth and nose by wearing a mask. Equally important is to protect our eyes by wearing eyeglasses. This could include preion glasses (if you have refractive error), plain eyeglasses (without any power) or especially designed protective goggles and sunglasses, to prevent aerosols (particles present in air) from entering into the eyes, he said.

Research shows that Corona virus can stay for 9 days on eyeglasses. Hence it is imperative to clean the eyeglasses as frequently as possible, just like hands. He advised to disinfect glasses every time before wearing them. At home, you can use light dishwasher soap to clean eyeglasses under running water and wipe with microfiber cloth immediately to avoid smudges and scratches.

When going out, carry hydrogen peroxide solution 0.5% (can be made with H2O2 available in pharmacies in 3% & 3.6% by adding water to make 0.5% concentration) to disinfect eyeglasses; use a microfiber clean cloth to clean the eyeglasses by spraying H2O2 on it. However, he cautioned not to sanitize eye glasses with alcohol-based regular sanitizers used for sanitizing hands; repeated use of this can damage the frame as well as the lenses. Do not use ammonia, bleaches and high content of acids like lemon juice and vinegar to clean your glasses. This could spoil the lens coating and frame material, he said.