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**Purpose:** Serious eye infections have been reported in up to 25.4% of contact lens wearers1 due to improper hygiene habits. The purpose of this study is to analyze contact lens wearing habits of high school students and assess the risk factors and incidence of eye infection in this population.

**Methods:** An electronic survey was administered to 1,122 students in grades 9-12 at Barrington High School in Illinois to evaluate students’ contact-lens wearing habits and risk factors for complications. Information regarding Basic Demographics, Contact Lens Hygiene Protocol, Contact Lens Replacement Compliance, and Reported Infection was collected.

**Results:** Of the 1,122 students surveyed, 323 (28.8%) wore contact lenses. Of these 323, 94.7% (306 individuals) wore soft lenses, while the remaining 5.3% used gas permeable lenses. 59.5% (192 students) of the CL wearers stated that they wear their contacts every day. 164 students (50.9%) of students wash their hands thoroughly each time they replace their lenses, 102 (31.5%) sometimes do, and the remaining 17.6% never wash their hands. 137 individuals (42.3%) shower in their contacts, 44.7% (144 students) always swim in their contacts, and 7.7% regularly sleep in their CLs. Although most students were aware that contacts should be replaced at least one a month, 58 students (17.6%) reported that they replaced their contacts at less frequent intervals. 21 individuals (6.5%) were unaware of their doctor’s recommended contact lens replacement schedule. , 11% (36 students) admitted to experiencing an eye infection while wearing contacts.

**Conclusions:** While only 11% of students had actually experienced an eye infection, the risk factors among students for developing severe infections in this population is significantly higher. The results of this survey indicate a need for educational intervention, after which the survey should be re-administered to test for improvements in CL wearing behaviors.

1: Alipour F, Khaheshi S, Soleimanzadeh M, Heidarzadeh S, Heydarzadeh S. Contact Lens-related Complications: A Review, [J Ophthalmic Vis Res](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5423374/). 2017 Apr-Jun; 12(2): 193–204.