

IACLE Position Statement on COVID-19 pandemic and contact lens use

IACLE 对于 COVID-19 大流行期间接触镜使用的建议申明

The global outbreak of the Coronavirus disease COVID-19 has raised questions about the safety of contact lens wear during the pandemic, the precautions that patients should take when handling and wearing contact lenses, and what would constitute best clinical practice by eye care professionals.

全球爆发的新型冠状病毒病 COVID-19 引发了以下问题：大流行期间配戴接触镜的安全性、患者在处理和配戴接触镜时应采取的预防措施，以及眼科保健专业人员的最佳临床实践的构成。

Contact lens educators need to be prepared to answer these questions and provide reliable information. While reports in the literature on COVID-19 and contact lenses are still emerging, there are sensible precautions that patients and eye care professionals can adopt at this time.

接触镜教育者需要准备好回答这些问题并提供可靠的信息。尽管文献中关于 COVID-19 和接触镜的相关报道正在陆陆续续地出现，仍然有些患者和眼保健专业人员此时可以采取明智的预防措施。

With nearly 950 members in 79 countries, IACLE plays an important role in promoting the safe use of contact lenses worldwide. Here we summarize the key points and measures to consider based on current evidence.

IACLE 在 79 个国家拥有近 950 名会员，在促进全球接触镜的安全使用方面发挥着重要作用。为此在总结现有循证医学证据的基础上，提出了应考虑的要点和措施。

Key points

- There is currently no evidence to suggest an increased risk of contracting COVID-19 through contact lens wear compared to spectacle lens wear.
- There is no evidence that contact lens wearers who are asymptomatic should cease contact lens wear due to an increased risk of developing COVID-19.

- Contact lens practitioners should remind patients of the key lens-care behaviours which will minimize the likelihood of infection or inflammatory events.
- Practitioners should consider how they can best continue to manage their contact lens patients if access to local clinical care has been reduced.

要点:

- 目前没有证据表明与戴框架眼镜相比，戴接触镜会增加 COVID-19 感染风险。
- 没有证据表明因为担心感染 COVID-19 的风险增加，无症状的接触镜配戴应停止配戴隐形眼镜。
- 接触镜验配人员应提醒患者注意关键的镜片护理行为，这将使感染或炎症发生的可能性降至最低。
- 接触镜从业人员应考虑如何在本地接触镜验配诊所减少情况下，继续最好地管理接触镜患者。

Measures for contact lens wearers

- All wearers: wash your hands thoroughly using soap and water for at least 20 seconds then dry with a paper towel, especially before every lens application and removal. Avoid direct contact of water with your contact lenses.
- All wearers: avoid touching your eyes, nose and mouth with unwashed hands.
- All wearers: dispose of your lenses to the recommended schedule (eg every day, every two weeks or every month).
- All wearers: discontinue wear if you are unwell, especially with any cold or flu-like symptoms.
- Users of reusable contact lenses: thoroughly clean and disinfect your lenses each day with the care products recommended by your contact lens practitioner.
- Users of reusable contact lenses: clean your storage case daily and replace regularly.

接触镜配戴者应采取的措施

- 所有配戴者：在每次处理和摘镜片之前，用肥皂和水彻底洗手至少 20 秒然后用纸巾擦干。避免接触镜直接接触水。
- 所有配戴者：避免用未经洗过的手触摸眼睛、鼻子和嘴。
- 所有配戴者：按照建议的时间表（如每天、每两周或每月）抛弃您的镜片。

- 所有配戴者：如果身体不适，尤其是感冒或有流感症状，请停止配戴接触镜。
- 配戴重复使用接触镜的人员：每天使用接触镜专业人员推荐的护理产品彻底清洁和消毒接触镜。
- 配戴重复使用接触镜的人员：每天清洁您的镜盒并定期更换。

Measures for clinicians

- Follow the advice of your national regulatory body or professional organization.
- Reschedule non-urgent appointments.
- Reschedule new contact lens fitting appointments.
- Reduce physical contact with patients.
- Use approved personal protection equipment, as appropriate.
- Disinfect contact lens equipment and trial sets.
- Emphasize the importance of hand hygiene and fully compliant lens wear.
- Monitor all staff for signs of the virus.
- Maintain social distancing where possible.
- Consider new management strategies and referral pathways where clinical care provision is reduced.
- Actively minimize the impact on the wider healthcare service.
- Remain alert to new findings as they emerge.

接触镜诊室专业人员应采取的措施

- 遵循您们国家的监管机构或专业组织的建议。
- 重新制定非急诊的门诊预约。
- 重新制定新的接触镜配戴预约。
- 减少与患者的身体接触。
- 合理使用经批准的个人防护设备。
- 对接触镜验配设备和试镜片进行消毒。
- 强调手部卫生和镜片配戴依从性的重要性。
- 监测所有员工是否有病毒感染迹象。
- 尽可能保持社交距离。
- 在诊室减少情况下，考虑新的管理策略和转诊途径。
- 积极减少对更广泛的医疗服务的影响。
- 对新发事务保持警惕。

Useful References 参考文献)

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