



 *Eye Safety Tips for You and Your Goblins* 

- 🕒 Avoid masks or costumes that obscure vision
- 🕒 When using makeup, remember to:
  - Use only products approved for use on the skin.
  - Keep products away from the eyes.
  - Use care in removing the product to avoid getting any in the eyes.
- 🕒 Wear reflective clothing or attach reflective tape to costumes and Trick or Treat Bags.
- 🕒 Carry a flashlight. Note: The “glow sticks” that are sold at Halloween are filled with a chemical that can cause eye irritation and they really don’t illuminate that well.
- 🕒 Tie hats and scarves on securely to make certain they don’t slip over the eyes and obstruct vision.

*A Word About Decorative and “Circle” Contact Lenses*

There are decorative contact lenses that feature wild designs and so-called “Circle Lenses” that make the eye appear larger. While generally safe if prescribed by and worn under the supervision of an eye doctor, these decorative lenses can cause serious eye problems if worn improperly. Remember: Contact lenses - whether decorative or not - are medical devices that must be prescribed by an eye doctor. Do not buy lenses from Flea Markets, Beauty Shops or online. Do not share lenses with anyone. Wear the lenses only for the time prescribed by your eye doctor.

**Bonita Point Family Optometry**  
**Dr. Daniel L. Mason- Optometrist**  
180 Otay Lakes Rd., Suite 201, Bonita, CA 91902  
(619) 267-9900 [www.cvopt.com](http://www.cvopt.com)

***Vision Source!***