

[ABDO: Further guidance on the provision of eyecare in the covid-19 recovery phase](https://www.abdo.org.uk/coronavirus/further-guidance-on-the-provision-of-eyecare-in-the-covid-19-recovery-phase/)

Spectacle dispensing

1. When dispensing spectacles, where possible use digital measuring devices to limit the close contact with patients. For adult patients for whom you have previously dispensed spectacles, consider using previous pupillary distance (PD) measurements to reduce contact time.
2. You may wish to take all necessary measurements so that you can adjust the frame when the spectacles are made up, to be able to post the spectacles to the patient once they are ready rather than make another appointment for them to come back to collect. If posting spectacles to patients, follow up with a phone call to make sure they fit properly.
3. If a patient insists on a friend or family member giving them an opinion on the frames they have selected ask them to use video calling to limit the number of people in the practice
4. All dispensing should be managed using appointments to control the number of patients in the practice at any given time. The dispensing optician and patient should sanitise their hands or use gloves before handling frames, try to limit the amount of frames touched by narrowing down to three or four options to try on for example. Make sure that frames are cleaned before being returned to the display stand.
5. Sanitise frames before and after patients try them on using antibacterial cleaning products. Some manufacturers have provided guidance on how to clean their frames. UVC boxes, antibacterial wipes (which need to be alcohol free) and soap and water are being used but we advise practices to consult directly with frame manufacturers for advice specific to their products. ABDO is in the process of gathering [manufacturer recommendations on cleaning which you will find here](#).
6. There are various UVC machines available and manufacturers of these state that UVC is very likely to be effective when it can get to the pathogens on a surface. It has a good referenced history of being tested including against corona viruses, however members of the International Ultraviolet Association are working with other national standards organizations to develop disinfection testing standards. Due to the lack of uniform performance standards and the highly variable degree of research, development and validation testing that is performed on different devices, the IUVA urges caution when selecting equipment and to look for evidence of third party testing.

Reference: <http://www.iuva.org/IUVA-Fact-Sheet-on-UV-Disinfection-for-COVID-19>. At the date of publication, there is no peer-reviewed evidence on the effectiveness of any particular model of UVC on spectacles frames and covid-19.

Contact lenses

1. Practitioners should aim to minimise handling of contact lenses to go onto a patient's eyes as much as possible. Best practice would be for the patient to insert and remove the lenses themselves to minimise the risk of cross contamination. Public Health guidance recommends the use of gloves. We recognise that sometimes gloves may hinder or restrict certain elements of clinical procedures therefore strict hand washing protocols must be followed before and after every patient, if gloves are not used.
2. We recommend following manufacturers' guidance on the sterilisation of contact lens cases.
3. Clinical judgement should be exerted on a case by case basis on how long you extend a contact lens check for patients. No timeframe has been set for this. It is expected that you will begin to recall patients based on risk factors, those who should have been seen during lockdown, and proceed from there in the provision of contact lens aftercare etc.
4. We still await data evaluating the safety of daily disposable lenses compared to reusable lenses during the current situation. It is sensible to suggest that daily disposable lenses minimise hand contact with the lenses and hence potential risk of contamination.
5. New fits and teaches can be provided under the provision of extended essential eyecare based on risk where a patient is now required to wear PPE e.g. safety spectacles but where possible only have the patient handle the lenses.
6. Further information and guidance on contact lenses can be found on the [British Contact Lens Association website](#).