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**Subject: Eye Care Instructions**

Dear Parents/Guardians,

BIT has been sharing information and instructions to help maintain the health and well-being of all its members.

Below is some important advice that may help you during this pandemic situation:

- For your safety, we recommend that any time you are out of your house, you are wearing glasses of some sort for eye protection.
- DO NOT TOUCH YOUR EYES, particularly when you are out.
- Glasses are preferable, as they are a barrier between your hands and your eyes. **Always have a backup pair in case of an emergency! This is especially important for contact lens patients.**
- The best way to clean your glasses is with warm water and dish soap, so that the lenses and frames are not damaged. Hot water as well as household disinfectants, can harm both the frame and the lenses.
- Always use a soft disposable tissue/paper towel to dry your glasses.
- Please clean more frequently during this period.
- Cleaning cloths should either be washed or replaced frequently.

Please observe the above guidelines, along with all the health and safety measures, to prevent the spread of the corona virus.

Most importantly, everyone at BIT hopes that all of you and your families are healthy – we look forward to seeing everyone again soon.

Regards,

Ms Lubna Choudhury  
Founder Principal & Chairperson