

You are invited to share our infographics on your social media channels.

Please make sure to always tag @COREEyeNews and use the #CLSustainability #SustainableEyecare hastags with your posts.

Feel free to use any of the sample posts below or create your own!

Posts:

A small habit can make a big difference. Flushed contact lenses = microplastics in our rivers and oceans. Let's protect marine life together. Learn more at SustainableEyecare.com

One lens may seem small—but it matters. Particularly if you flush it down the toilet. Let's be gentle with the planet. Next time you come in for an appointment, make sure to bring your used contacts with you so we can recycle them for you.

We love clear vision—but not at the ocean's expense. Never flush contact lenses. Let's protect the places we love. Find out how you can do even more at SustainableEyecare.com.

Did you know that one in five people flush their lenses? Let's change that. Recycling your lenses means cleaner oceans. Learn more at SustainableEyecare.com

Flushing your lenses? Time for a switch! Instead, recycle used lenses, blister packs through a proper collection point or if you don't have access, throw them into the bin. Find out where you can recycle your lenses at SustainableEyecare.com

We're making it easier to care for your eyes *and* the environment. Drop off your used contact lenses, blister packs, and foils in our in-office recycling box.

Did you know many people flush their contact lenses without realizing it can harm the environment? About 1 in 5 do, releasing thousands of kilograms of plastic into our water each year. Recycle your lenses and help protect our oceans together.

Please tag us using @coreeyenews (X, LinkedIn, Facebook)

Hashtags:

- #CLSustainability
- #SustainableEyecare
- #DontFlushYourLenses

- #VisionWithCare
- #CareForLensWear
- #GreenerChoices
- #EcoFriendlyEyeCare
- #ZeroWasteVision
- #SustainableVision

About SustainableEyecare.com

[SustainableEyecare.com](https://www.sustainableeyecare.com) is designed and maintained by the [Centre for Ocular Research & Education](#).

About the Centre for Ocular Research & Education (CORE)

The [Centre for Ocular Research & Education \(CORE\)](#) was established in 1988 at the University of Waterloo's [School of Optometry & Vision Science](#). Over the next three decades, the organization evolved from a three-person operation into a thriving hub of basic and applied research, collaborating with sponsors, agencies and academia on advanced biosciences, clinical research and education. Its uncompromising independence and results of the highest quality have been at the heart of many of the most prominent advances in eye health. Today, its [team](#) serves a range of ophthalmic sectors, including medical devices, ocular pharmaceuticals, digital technology and others, with a focus on the anterior segment. For more information, please visit core.uwaterloo.ca.

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