

"Focus"

All Clean - Keeping Glasses, Canes, Visual Aids, Cell Phones and Devices Spotless and Sanitized

Health and Safety

Regular cleaning and sanitizing of all visual and non-visual aids is an important part of caring for personal health and safety. Removing bacteria and/or viruses that may contact these regularly used aids and devices is vital. Aids include eyeglasses, sunglasses, and safety glasses; folding canes, long canes, and adaptive mobility devices; hand-held monocular, binoculars, magnifiers, and more. Devices such as mobile phones, iPads, portable magnifiers, and distance viewing equipment all need routine cleaning and sanitizing too. Once clean and sanitized, each tool for independence must also be regularly maintained and stored for ready use.

General Suggestions for the Care, Cleaning and Storage of Glasses, Canes, Visual Aids, Mobile Phones and Devices:

Manufacturer's Instructions

- Always follow the glasses, cane, aid and/or device manufacturer recommendations for care, cleaning and maintenance information.
- Contact customer service with any specific questions regarding which cleaning and sanitizing products are safe to use for your glasses, cane, aid, and/or device.

Handwashing

- Begin always with freshly washed hands by following the Centers for Disease Control and Prevention (CDC) guidelines for proper hand washing for 20 seconds using soap and warm water.

All Clean – Keeping Devices and Equipment Sanitized (cont.)

Eyeglasses, Sunglasses and Safety Glasses

- Using liquid dish soap, warm water and a soft cloth, gently rub every part of the lenses and frame including bridge, temples, arms and ear pieces for at least 20 seconds in each area. Use of soap and water removes bacteria, germs, and viruses.
- Dry each part of the lenses and frame thoroughly.
- If not being immediately worn, store in a protective case to prevent scratching of lenses and bending of the frame.
- Eyeglasses, sunglasses and safety glasses should be washed daily, before and after use and as needed during the day.
- Regular visits to your optician are helpful for cleaning questions, maintaining fit and comfort of glasses, as well as for inspection for lens scratches.

Folding Canes, Long Canes and Adaptive Mobility Devices

Handle(s)

- Using liquid dish soap, warm water and a clean soft cloth rub each part of the handle for at least 20 seconds and dry thoroughly with a clean cloth.
- Alternatively use a Clorox, Lysol or similar disinfecting wipe for removing bacteria, germs and viruses with at least 60% alcohol, and let air dry.
- Handles should be cleaned multiple times daily year-round, with extra cleaning as needed during cold and flu season.

Shaft(s) and Tip(s)

- Using a small soft brush, brush any loose dirt or dust from each part of the cane shaft(s) and tip(s) into a garbage bin, or brush outdoors.
- Follow the cleaning suggestions as for the cane handle(s) above using either liquid dish soap or disinfecting wipe with at least 60% alcohol.
- Shaft(s) and tip(s) should be cleaned daily/weekly/regularly as needed.

Storage

- When not using the cane, store in a regularly cleaned and sanitized location.
- Avoid placing the cane on a dining table, couch, pillow or other surfaces where you may be eating or resting your head.

All Clean – Keeping Devices and Equipment Sanitized (cont.)

Folding Canes, Long Canes and Adaptive Mobility Devices (continued)

Certified Orientation & Mobility Specialist (COMS)

- Please contact your COMS if your cane or tip is bent, broken or in any type of disrepair: focusonvisionandvisionloss.org/orientation--mobilitylow-vision-services.html

Hand-Held Monocular and Binoculars

- Follow cleaning instructions of the monocular/binocular manufacturer and contact with any cleaning and sanitation questions..
- General guidelines include gentle wiping of lens with manufacture-provided cleaning cloth; and gentle wiping of the body of the monocular or binocular with a Clorox, Lysol or similar disinfecting wipe with at least 60% alcohol, and let air dry.
- Monocular and binoculars should be cleaned before and after using.
- Ensure thoroughly dry, especially before storing.
- Store in a protective case to prevent scratching of lenses.

Mobile Phones, iPads, Portable and Hand Held Devices

- Follow instruction of phone, case, iPad, portable and/or hand held device manufacturer, and contact customer service with any cleaning and sanitation questions. Always unplug, turn device off, remove case (if any) and clean phone/device separately from case.
- General guidelines include gentle wiping of each exterior surface of the phone, iPad, portable and/or hand held device with a manufacturer approved cleaning solution.
- Liquid hand soap and a dampened soft cloth can also be used by rubbing surfaces for at least 20 seconds in each area, with care to not get moisture into any openings, and drying thoroughly.
- Apple offers the following: “Using a 70% isopropyl alcohol wipe or Clorox Disinfecting Wipes, you may gently wipe the exterior surfaces of your iPhone. Don't use bleach. Avoid getting moisture in any openings, and don't submerge your iPhone in any cleaning agents.”
- Attend to where you place the device both when using and not using to be on a freshly cleaned surface whenever possible.
- Store in a clean, protected area.

All Clean – Keeping Devices and Equipment Sanitized (cont.)

Resources

Centers for Disease Control & Prevention Guidelines for Handwashing

- <https://www.cdc.gov/handwashing/when-how-handwashing.html>

Eyeglasses, Sunglasses, Safety Glasses

- <https://www.goodhousekeeping.com/home/cleaning/a20167647/how-to-clean-glasses/>
- <https://oureverydaylife.com/how-to-sterilize-eyeglasses-12533914.html>
- <https://www.allaboutvision.com/eyeglasses/how-to-clean-glasses.htm>

Folding Canes, Long Canes, Adaptive Mobility Devices

- <http://www.dfdmeexchange.org/dl/CanesCrutchesandWalkersDME.pdf>

Hand-Held Monocular and Binoculars

- <https://bestofbinoculars.com/binoculars-care/>
- <https://www.bushnell.com/blog/how-to-clean-binoculars-lens-exterior-and-interior-best-practices/>
- <https://easytechartips.webnode.com/monocular/>

Mobile Phones and Hand-Held Devices

- <https://support.apple.com/en-us/HT207123>
- <https://www.businessinsider.com/coronavirus-how-to-clean-iphone-android-phone-without-damaging-screen-2020-3>
- <https://www.bbc.com/news/av/technology-51863924/coronavirus-how-to-clean-your-smartphone-safely>

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Please also see MCB/DDS Partnership “Focus” resource:

- Keeping Healthy – Guidelines When Using Orientation & Mobility Techniques
<https://www.focusonvisionandvisionloss.org/downloadable-resources--videos.html>