



## Pink Eye (Conjunctivitis)

Pink Eye also called conjunctivitis is a common eye infection that causes inflammation of the conjunctiva. The conjunctiva is the tissue that lines the inner eyelid and the sclera (the white part of the eye). Most often conjunctivitis is caused by a virus, though bacteria can also be a cause. Both viral and bacterial causes are very contagious and can easily spread by touching something that has germs on it from the drainage of an infected person's eye and then touching one's own eyes. One or both eyes can be involved. Symptoms start quickly and can spread from one eye to the other and can be associated with the common cold.

### How do I know if I have pink eye?

- Eye redness
- Swelling
- Burning, irritation or a sense of grittiness.
- Watery or sticky discharge from the affected eye or eyes.
- Crusty eyelids in the morning.
- Blurry vision if a lot of discharge.
- If you have pain, sensitivity to light it may indicate a more serious infection.
- If your symptoms are caused by an injury or foreign body seek medical attention more immediately.

### Home care and Prevention

- ⇒ Treatment depends on what has caused the conjunctivitis. It may or may not need an antibiotic.
- ⇒ Don't rub or touch your eyes. You can easily cause the infection to spread from one eye to the other. Throw away your used eye makeup. Do not share eye drops or eye makeup with others.
- ⇒ If you wear contact lens take them out and do not replace lens until the symptoms have resolved.
- ⇒ Apply a cool or warm cloth to your eyes for 10-20 minutes several times a day to relieve burning and itching. Use a different cloth each time.
- ⇒ Clean eyes with warm water .Wipe from the inside toward the outside of the eye. Use a clean cotton ball for each wipe and if a lot of discharge you may use a baby shampoo lathered with warm water as an eye wash.
- ⇒ Wash your hands thoroughly before you use medicine, after you use the medicine and whenever you touch your eyes.
- ⇒ Wash any clothing, towels, sheets and pillow cases touched by the infected eye.

**Follow up at Health Services for further evaluation and treatment. Seek medical attention sooner if you have decreased vision or blurred vision that doesn't clear with blinking, eye pain, light sensitivity, fever or chills.**