

# Conjunctivitis ("Pink Eye")



## What Is It?

- Inflammation of the clear lining of the eyelids and the covering of the eyeball itself
- Contagious by direct contact with the drainage from the eye

## Causes

- Virus - **MOST FREQUENT**
- Bacteria
- Allergies (pollen, smoke, cosmetics)
- Chemical irritants

## Signs & Symptoms

- Redness
- Itching
- Burning, Pain
- Watery, Tearing
- Greenish-yellow or clear discharge (may "glue" the eyelids closed after sleep)
- Swelling & puffiness of the eyelids especially the upper lid
- Light sensitivity
- May be accompanied by cough, congestion, runny nose

## How to Prevent It From Spreading

- DO NOT WEAR CONTACT LENSES OR EYE MAKE-UP until infection has resolved
- Do not touch the eye area
- Wash hands frequently with soap and water and use hand sanitizers
- Promptly dispose of tissues that are used in the eye area

## How to Prevent Future Infections

- Wash hands frequently
- Do not share eye make-up and discard old make-up
- Change and clean contacts as directed by your doctor

## Treatment

- Viral – nonprescription moisturizing eye drops, cool compresses, DOES NOT respond to antibiotic drops/ointment
- Allergic – nonprescription allergy relief eye drops
- Bacterial – antibiotic drops/ointment

## Seek Healthcare If...

- No improvement in 3-4 days
- Fever is present
- Pain increases
- Vision is affected



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