

# Conjunctivitis (Pink Eye)

- Pink eye is usually self-limited, and rarely results in serious complications.
- Symptoms can last 7-10 days but most often resolve within 5 days.
- Self-limited infections can be treated without seeing a medical provider.

## Symptoms:

- Redness
- Discharge
- Itching/burning
- Feeling that something is in your eye

## Self-care measures:

- Stop using contact lens until you no longer have symptoms
- Do not use eye makeup
- Do not use eye drops for redness reduction or allergies
- Use artificial tears or saline drops (Examples: CMC/Glycerin drops or Refresh Plus®)
- Use cold compresses

## Limit spread to others:

- You may be contagious for 7-14 days. While this should not prevent you from attending classes or other events, you should follow precautions to prevent spread to others.
  - Wash hands frequently with soap and water
  - Do not share towels
  - Avoid intimate contact with others
- If you work in a health care setting, child care setting, or handle food you should not work until there is no discharge from the eye.

## When to seek care from a medical provider:

- You have a known injury to the eye
- If you have moderate/severe pain to one or both eyes
- If you have any loss of vision (not just blurry)
- For symptoms lasting more than 7-10 days

## Other resources:

- <http://www.cdc.gov/conjunctivitis/about/causes.html>
- <http://www.aoa.org/patients-and-public/eye-and-vision-problems/glossary-of-eye-and-vision-conditions/conjunctivitis?sso=y>

