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/con-> junctivitis?sso=y