

PINK-EYE

PERSONAL HEALTH FACT SHEET

What is Pink-eye?

Pink-eye, also called conjunctivitis, is an inflammation of the eye and eyelid usually caused by a bacteria or virus, but sometimes by an allergy.

How is it spread?

Pink-eye is easily passed from one infected eye to the other or to other people who contact infected drainage. Symptoms occur usually 1-3 days after exposure.

How is it treated?

- ▶ See your doctor.
- ▶ Use the eye drops or ointment that your doctor prescribes for the number of days that he/she tells you. Before and after treating your eyes, wash your hands with soap and water. Avoid contact with the tip of the container.
- ▶ Do not stop using the medication just because your eye looks or feels better. The germ may not be completely gone.
- ▶ Use a wet washcloth to clean your eyes to soften and remove drainage.
- ▶ Launder washcloths and towels in hot soapy water after each use.
- ▶ Do not scratch or rub your eyes. Use tissues for drainage.
- ▶ Children attending day care or school should be kept at home until drainage has cleared.

How can we prevent Pink-eye?

- ▶ Keep hands/fingers away from eyes. Use a tissue to clean them.
- ▶ Wash hands with soap and water before and after eye contact.
- ▶ Use separate towels and washcloths for each person in the home.

SYMPTOMS OF PINK-EYE

- ▶ Red and swollen eyelids
- ▶ Pain or itching in the eyes
- ▶ Thick yellow drainage from the eyes
- ▶ Sensitivity to light
- ▶ Watery eyes



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