



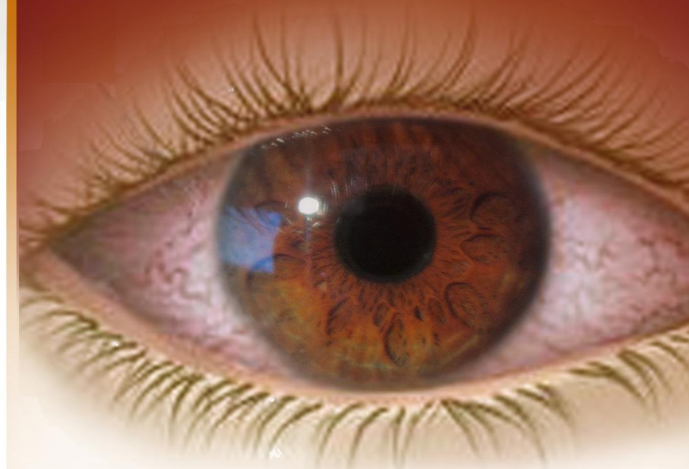
If you have pink eye, follow these steps:

- Keep hands away from your face and do not rub your eyes.
- Change your pillowcases and towels every night.
- Do not share your pillows or towels.
- Wash hands frequently.
- Avoid shaking hands with others.
- Avoid swimming.
- Carefully clean away any discharge with warm water and clean cotton (or gauze) and immediately discard.
- **STAY AWAY FROM OTHERS** (work, school, and public places until the infection clears.)
- Wear glasses instead of contact lenses
- Avoid wearing eye make-up.
- Take your medication as directed by your doctor
- **REMEMBER: DO NOT** stop taking your medication without talking to your doctor, and **DO NOT** share them.



To decrease your chances of getting pink eye:

- Do not share makeup or eye drops with anyone else.
- Avoid sharing towels, washcloths, pillows, and handkerchiefs,
- Wash your hands frequently. Keep your hands away from your eyes.
- Clean contact lenses daily. Never sleep with them unless approved by your eye doctor.
- In case of allergic pink eye, avoid the allergy causing substances and irritants.



Conjunctivitis Pink Eye

See Your Doctor ...

If any of the following symptoms occur, see your doctor:

- Signs of infection, including fever and chills
- Swelling of the eyelids
- Changes in your vision
- Sensitivity to light
- Pain in the eyes
- Increased redness or increased discharge from eyes
- Scratchy feeling in the eyes
- Itchy eyes



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Conjunctivitis (Pink Eye)

Conjunctivitis, or **Pink Eye**, as it is commonly called, is swelling and irritation in the eye. It affects the tissue that covers the eye and lines the inner surface of the eyelid. This tissue is called conjunctiva.



Inflamed or irritated conjunctiva

What Causes Pink Eye?

There are many causes of pink eye including:

- Viral infection
- Bacterial infection, such as staphylococcus or streptococcus
- Allergic reaction, usually related to seasonal allergies
- Chemical irritation caused by:
 - Air pollutants
 - Soap
 - Smoke
 - Chlorine
 - Make-up
 - Other chemicals

Pink Eye is very contagious, in other words, it spreads easily!

Risk Factors

Factors that may increase your chances (ie. risk) of getting pink eye include:

- ✓ Contact with a person who has pink eye
- ✓ Sharing towels, linens, or other objects (even doorknobs) with a person who has pink eye
- ✓ Exposure to chemical or environmental irritants such as smoke or pollen
- ✓ Wearing contact lenses, especially if contacts are not cleaned and stored properly
- ✓ Age: more common in children
- ✓ Seasonal allergies or contact with known allergens

Symptoms

Symptoms include:

- Red eyes
- Pus-like or watery discharge
- Gritty or "scratchy" feeling in the eyes
- Itchy eyes
- Swelling of the eyelids
- Increased sensitivity to light
- Blurred Vision

Pink Eye will usually clear up within 2-14 days. If pink eye is caused by a seasonal allergy, it may continue throughout the season. If it is caused by a non-seasonal allergy, it may continue to occur year round.

Note: *These symptoms can sometimes indicate a more serious medical problem. If you develop these or any other symptoms, see your doctor.*

Diagnosis

The doctor will ask about your symptoms and medical history. The doctor will examine your eye. If there is discharge from your eye, it may be tested. The discharge will help find the cause of the pink eye.

Treatment

If you wear contacts, avoid wearing contact lenses until the pink eye infection has cleared. Treatment will depend on the cause of the pink eye:

Bacterial Infection

Antibiotic eye drops and/or ointment may be prescribed for a bacterial infection. These drops will help shorten the course of the infection. It will also decrease the amount of time it is contagious. Wipe away any discharge with a clean cotton ball before using the drops.

Viral Infection

There is no medicine to cure a viral infection. Just as a cold must run its course, so must this form of pink eye, which will last 4 to 7 days. To help relieve discomfort consider:

- Applying warm compresses (e.g. warm towel or gauze)
- Artificial tears (found in pharmacies)

Allergic or Chemical Irritation

Avoid the cause of the irritation (e.g. smoke, pollen, make-up, etc.). Apply cool compresses (cool towel or gauze) to the affected area. Your doctor may prescribe allergy eye drops to help relieve pink eye due to allergy or chemical irritation.