



WHAT YOU NEED TO KNOW

CONJUNCTIVITIS (PINK EYE) FACT SHEET

What is Pink Eye?

Conjunctivitis, or pink eye, is an infection caused by viruses and bacteria or a condition caused by allergens that produces a red or pink discoloration of the whites of the eye. Symptoms vary based on cause but will include discoloration of the eye.

What are the symptoms?

- Pink or red color of the whites of the eyes, Swelling of conjunctiva or eyelid,
- Increased tear production.
- Urge to rub eyes, itching or burning sensation.
- Discharge, crusting of eyelids or lashes especially in the morning.

VIRAL (VERY CONTAGIOUS)

- May also have cold like symptoms, discharge more watery

BACTERIAL (VERY CONTAGIOUS)

- Discharge more pus like, sometimes occurs with ear infection.

ALLERGIC (NOT CONTAGIOUS)

- Itching, tearing, swelling in eyes. May have other allergic symptoms. (Asthma, itchy nose, scratchy throat, asthma)

How can it be prevented?

- General cleanliness is the best way to avoid pink eye.
- Do not share pillows, washcloths, towels, eye drops, eye makeup, face makeup, makeup brushes, contact lenses or containers, or eyeglasses.

How can it be spread?

- Spread through direct contact with discharge.
- You can get pink eye from someone else's fingers, eye makeup, clothing, towels and washcloths.
- Avoid as much contact with the infected individual and do not go to school, work or daycare until you see your physician.

How it is treated?

- See healthcare provider for treatment recommendations
- With bacterial take all medications as prescribed even if you start to feel better .
- Do not scratch or rub your eyes. This will only make it worse. Instead use a tissue or warm washcloth.
- Wash any discharge with clean hands several times a day using a clean wet washcloth or fresh cotton ball. Dispose of cotton ball and wash used cloth in hot water with detergent.
- Also wash any cloth or linen your hands or infected eyes could have come in contact with soap in hot water.