

## Fast Facts

### Pink Eye (Conjunctivitis)

- When the transparent membrane (conjunctiva) that lines your eyelid and covers the white part of your eyeball becomes inflamed
- Inflammation causes the small blood vessels to become inflamed, making them more visible, resulting in your eye appearing reddish or pink
- Common causes include viruses, bacteria, allergies, chemical splash, a foreign object in the eye, and a blocked tear duct (newborns)
- Viral or bacterial very contagious and are spread through direct or indirect contact with the liquid that drains from the eye of someone who's infected
- Can affect one eye or both

<i>Symptoms</i>	<i>Treatment</i>	<i>Prevention</i>
<ul style="list-style-type: none"> <li>-Redness</li> <li>-Itchiness</li> <li>-A gritty feeling</li> <li>-Tearing</li> <li>-Discharge that forms a crust during the night that may prevent your eye or eyes from opening in the morning</li> </ul>	<p>Goal: Provide relief of symptoms</p> <p><i>Viral or Bacterial:</i></p> <ul style="list-style-type: none"> <li>-Over-the-counter eye drops (ex. artificial tears)</li> <li>-Clean eyelids with a damp cloth</li> <li>-Apply warm or cold compresses</li> </ul> <p>If you use contact lenses:</p> <ul style="list-style-type: none"> <li>-Stop wearing them until the infection is gone</li> <li>-Throw away disposable lens</li> <li>-Disinfect hard lens overnight before reusing them</li> </ul> <p>If the herpes simplex virus is the cause, your doctor may recommend prescription antiviral medication</p> <p><i>Allergic:</i></p> <ul style="list-style-type: none"> <li>-Over-the-counter or prescription eye drops</li> <li>-Avoid whatever causes your allergies</li> </ul> <p><i>Chemical or Foreign Body:</i></p> <ul style="list-style-type: none"> <li>-Flush eyes</li> </ul>	<ul style="list-style-type: none"> <li>-Don't touch your eyes with your hands</li> <li>-Wash your hands often</li> <li>-Always use a clean towel and washcloth daily</li> <li>-Don't share towels or washcloths with others</li> <li>-Change your pillowcases frequently</li> <li>-Don't share eye cosmetics and personal eye care items (ex. contact lenses)</li> <li>-Throw away open eye cosmetics</li> </ul>

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