

Conjunctivitis

Conjunctivitis is an eye condition caused by infection or allergies. It usually gets better in a couple of weeks without treatment.

Conjunctivitis is also known as red or pink eye.

It usually affects both eyes and makes them:

- bloodshot
- burn or feel gritty
- produce pus that sticks to lashes
- itch
- water



Conjunctivitis that produces sticky pus is contagious

If eyes are red and feel gritty, the conjunctivitis is also usually contagious

Conjunctivitis caused by allergies like hay fever makes eyes red and watery but isn't contagious

Your child can return to school/nursery, once treatment has started for Conjunctivitis and your child is fit and well and showing no other symptoms.

How to treat Conjunctivitis yourself

There are things you can do to help ease your symptoms.

Use clean cotton wool (one piece for each eye). Boil water and then let it cool down before you:

- gently rub your eye lashes to clean off crusts
- hold a cold flannel on your eyes for a few minutes to cool them down

Stop infectious Conjunctivitis from spreading

Do

- wash hands regularly with warm soapy water
- wash pillows and face cloths in hot water and detergent

Don't

- do not wear contact lenses until your eyes are better
- do not share towels and pillows
- do not rub your eyes

A pharmacist can help with conjunctivitis

Speak to a pharmacist about Conjunctivitis. They can give you advice and suggest eye drops or antihistamines to help with your symptoms.