



Welcome to BMC Health and Wellness Newsletter. This newsletter will be produced bi-monthly for this semester. A range of topics will be highlighted. We request your suggestions on topics you would like to see discussed

Conjunctivitis

Definition

Pink eye (conjunctivitis) is an inflammation or infection of the transparent membrane (conjunctiva) that lines your eyelid and covers the white part of your eyeball. The inflammation is what gives the eye the characteristic pink colour.



Conjunctivitis causes:

Causes of pink eye include:

- ❖ Viruses
- ❖ Bacteria
- ❖ Allergies
- ❖ A chemical splash in the eye
- ❖ A foreign object in the eye
- ❖ In newborns, a blocked tear duct

Though Pink Eye is irritating, it rarely affects your vision. Pink eye can be highly contagious for as long as two weeks after signs and symptoms begin. Therefore early diagnosis and treatment is key in preventing spread



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Symptoms

The most common pink eye symptoms include:

- ❖ Redness in one or both eyes
- ❖ Itchiness in one or both eyes
- ❖ A gritty feeling in one or both eyes
- ❖ A discharge in one or both eyes that forms a crust during the night that may prevent your eye or eyes from opening in the morning
- ❖ Tearing



Prevention

Practice good hygiene to control the spread of pink eye. For instance:

- ❖ Don't touch your eyes with your hands.
- ❖ Wash your hands often.
- ❖ Use a clean towel and washcloth daily.
- ❖ Don't share towels or washcloths.
- ❖ Change your pillowcases often.
- ❖ Throw away your eye cosmetics, such as mascara.
- ❖ Don't share eye cosmetics or personal eye care items.





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Although pink eye symptoms may resolve in three or four days, children with viral conjunctivitis may be contagious for a week or more. Children may return to school when they no longer experience tearing and matted eyes.

If your child has bacterial conjunctivitis, keep him or her away from school until after treatment is started. Most schools and child care facilities require that your child wait at least 24 hours after starting treatment before returning to school or child care. Check with your doctor if you have any questions about when your child can return to school or child care.

Lifestyle and Home Remedies

To help you cope with the signs and symptoms of pink eye until it goes away, try to:

- ❖ **Apply a compress to your eyes.** To make a compress, soak a clean, lint-free cloth in water and wring it out before applying it gently to your closed eyelids. Generally, a cool water compress will feel the most soothing, but you can also use a warm compress if that feels better to you. If pink eye affects only one eye, don't touch both eyes with the same cloth. This reduces the risk of spreading pink eye from one eye to the other.
- ❖ **Try eye drops.** Over-the-counter eye drops called artificial tears may relieve symptoms. Some eye drops contain antihistamines or other medications that can be helpful for people with allergic conjunctivitis.
- ❖ **Stop wearing contact lenses.** If you wear contact lenses, you may need to stop wearing them until your eyes feel better. How long you'll need to go without contact lenses depends on what's causing your conjunctivitis. Ask your doctor whether you should throw away your

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disposable contacts, as well as your cleaning solution and lens case. If your lenses aren't disposable, clean them thoroughly before reusing them.