

Information about Conjunctivitis (Pinkeye)

- Pinkeye is redness and swelling of the conjunctiva, the mucous membrane that lines the eyelid and eye surface. The lining is usually clear. If irritation or infection occurs, the lining becomes red and swollen.
- Pinkeye is very common.
- Viruses are the most common cause of pinkeye. Viral pinkeye has no medical treatment, so preventing its spread is important. Poor hand washing is the main cause of the spread of pinkeye.
- If the pinkeye is caused by a virus, the affected person can return to work or school when symptoms begin to improve, typically in 3 to 5 days.
- Viral and bacterial pinkeye are very contagious and spread very easily.
- Bacterial pinkeye requires prescription antibiotic treatment. A person with bacterial pinkeye can return to school or work 24 hours after the antibiotic has been started and symptoms have improved.
- Allergic conjunctivitis causes itching, redness, and excessive tearing in both eyes. The nose may also be stuffy, itchy, and runny. Allergic conjunctivitis is not contagious, it occurs when irritants such as allergens, dust, and smoke are in the environment.
- Common symptoms of pinkeye are:
 1. Eye redness
 2. Swollen, red eyelids
 3. Eye pain
 4. Feeling as if something is in the eye
 5. An itching or burning feeling
 6. Mild sensitivity to light
 7. Drainage from the eyelid, crusting on the eyelid overnight
 8. Increased tearing
- Good hygiene is essential to prevent the spread of pinkeye. Wash your hands with soap frequently. Wash hands before and after touching your face or eyes.
- Do not share makeup.
- Do not wear contact lens until infection is gone. Thoroughly clean your contacts prior to wearing them after having pinkeye.
- Do not share towels, linens, pillows, or handkerchiefs.
- Use tissues to cover your mouth and nose when sneezing or coughing.
- Clean common items such as toys, table tops, faucet handles, and ect.