



Conjunctivitis “Red Eye”

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What is conjunctivitis?

The conjunctiva is a thin clear covering over the white part (sclera) of your eye. It is like a clear skin. It helps protect your eye. Conjunctivitis occurs when this covering skin is swollen with a virus/adenovirus, allergy or bacteria.

The symptoms you may suffer from;

- Eye irritation and soreness
- Your eye can feel itchy or like something is in your eye
- Watery/teary eye discharge or yellowish discharge



- Eye lids swelling or puffy
- Bright light hurt your eyes

How is it treated?

- There is no quick fix and no medication that can cure conjunctivitis
- Icepacks can help to reduce lid swelling and any discomfort
- Lubricant drops to reduce discomfort and irritation
- People who have Hay fever are more likely to suffer from allergic form
- Anti-allergic eye drops or antihistamines tablets may help to ease severe itching.
- If allergic reaction, try to work out what caused of the allergy.

Conjunctivitis can be easily spread.

It is important to stop this spread by;

- **Washing your hands after touching your eyes.**
- Try not to touch, rub your eyes
- **Use a new tissue** to wipe your eyes each time.
- **Do not share** your towel, eye makeup or pillow. Wash towels and pillow cases in hot soapy water
- Get rid of the old eye makeup
- Talk to the eye doctor or nurse about any antibiotics eye drops or ointment you have been using.
- Do not wear any contact lenses until you are told by your eye doctor
- With viral and some bacterial infections you may need time off work. It can be up to 2 weeks (discuss time off work with your doctor)

When should I seek help from an eye doctor?

- Your eyesight (vision) has reduced significantly since your last visit.
- Your eye is very painful and red (when pain tablets do not help with pain)
- Your eye discharge changes colour – from white to yellow or brown
- You are very sensitive to bright light. You need to wear sunglasses
- If unwell for longer than 3 weeks