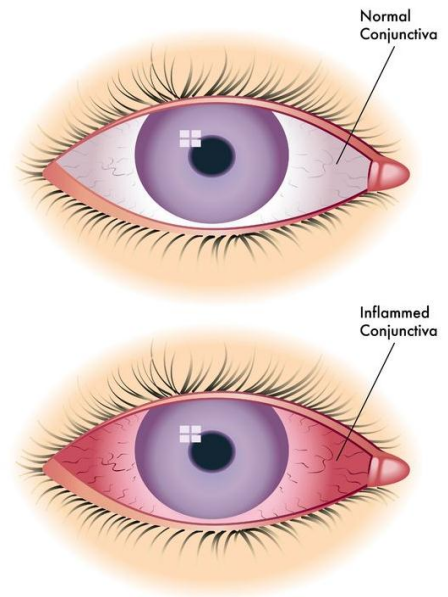


Medical Advisory for Conjunctivitis

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Symptoms

- Redness in the white of the eye or inner eyelid
- Increased amount of tears
- Thick yellow discharge that crusts over the eyelashes (especially after sleep)
- Green or white discharge from the eye
- Itchy eyes
- Burning eyes
- Blurred vision
- Increased sensitivity to light



Relief from Symptoms

- Protect your eyes from dirt and other irritating substances
- Avoid the use of makeup
- Remove contact lenses if you wear them
- Non-prescription "artificial tears," a type of eye drops, may help relieve itching and burning. However use eye drops only at your doctor's discretion

Prevention from Spreading

- Don't touch or rub the infected eye(s)
- Wash your hands often with soap and warm water
- Wash any discharge from your eyes several times a day using a fresh cotton ball or paper towel, after which, discard the cotton ball or paper towel and wash your hands with soap and warm water
- Wash your bed linens, pillowcases, and towels in hot water and detergent
- Don't share eye makeup with anyone
- Never wear another person's contact lenses
- Avoid sharing common articles such as unwashed towels and glasses
- Wash your hands after applying the eye drops or ointment to your eye or your child's eye
- Do not use eye drops that were used for an infected eye in a non-infected eye
- Keep your child home from school until he or she is no longer contagious (approximately 4 days). It's usually safe to return to school when symptoms have been resolved; however, it's important to continue practicing good hygiene just to be sure



Complications

Usually, conjunctivitis is a self-limited disease, either clearing up on its own or after a course of antibiotics. However, certain forms of conjunctivitis can become serious and sight-threatening, because they can cause corneal scarring. It is advisable to consult your ophthalmologist as soon as the symptoms begin.