



CONJUNCTIVITIS

What are the symptoms of conjunctivitis?

- One eye may be affected but it often spreads to involve both eyes.
- The whites of the eyes look pinker or redder than usual.
- There may be a mild discomfort or the eye may feel gritty but it is not usually painful.
- The eyelids may be slightly swollen.
- There may be a sticky discharge or the eyelids may be stuck together particularly on waking up.
- There may be mild blurring of the vision due to the discharge, but this normally clears on blinking. Vision is not usually affected.

Infective conjunctivitis is a self-limiting condition. This means that it will usually clear up on its own without any treatment within seven days.

General Advice

- Bathing the eyes with cotton wool soaked in cool clean water can soothe the eyes and remove the sticky discharge.
- Infective conjunctivitis is contagious – to help prevent spread to other members of the family, wash hands regularly, particularly after touching the eyes and avoid sharing towels and face cloths.
- Avoid wearing contact lenses until the symptoms have fully cleared.
- If allergic conjunctivitis is suspected – avoidance of triggers such as animal fur and pollen (by closing doors and windows on high pollen count days) can help. Anti-allergy eye drops may be helpful and can be bought over the counter or obtained from your doctor.

See Doctor if:

- History of trauma/injury/recent eye surgery
- Pain in eye
- Vision affected
- Spots or blisters or redness or swelling around eyes
- If symptoms no better after 7 days.

