

Conjunctivitis

Conjunctivitis (pink eye) is an infection of the membrane covering the eyeball and the inside of the eyelids. It can be caused by viruses or bacteria. It is seen commonly in people who have colds and people who wear contact lenses. It is very contagious, generally spread by hands touching infected eye(s) and then touching surfaces (furniture, door knobs, telephones, etc.).

WHAT ARE THE SYMPTOMS OF CONJUNCTIVITIS?

Stinging, itching and reddening of the eye(s) are common symptoms. There may also be increased tears and/or discharge which is sticky or crusted on awakening. Vision may be blurry in affected eye(s) because of the discharge.

WHAT IS THE USUAL TREATMENT?

If your medical provider thinks the infection may be bacterial, you will receive a prescription for antibiotic drops or ointment to be used four times a day, until two days after symptoms are gone.

Warm compresses to closed eyes, 5-10 minutes, done just before the antibiotic, can be soothing.

(DO NOT USE CONTACT LENSES UNTIL 2 DAYS AFTER COMPLETION OF EYE DROPS)

WHAT CAN I DO TO PREVENT SPREADING MY SYMPTOMS?

- Do not let others use your wash cloth, towels, pillow or eye makeup
- Avoid touching your eyes
- Wash hands frequently
- Throw out contaminated eye makeup
- Throw out or disinfect lenses, per lenses instructions
- Boil cases in hot water for 5 minutes.

**CONTACT HEALTH & WELLNESS IF YOUR SYMPTOMS WORSEN
OR IF THEY DO NOT CLEAR WITH TREATMENT WITHIN 5 DAYS.**

**YOU MAY ALSO CONTACT HEALTH & WELLNESS IF YOU HAVE ANY
QUESTIONS OR CONCERNS.**



Health & Wellness

603-862-9355 • unh.edu/health • @UNHHealth



ACCREDITATION ASSOCIATION
for AMBULATORY HEALTH CARE, INC.