Conjunctivitis

Conjunctivitis is commonly called "pink eye." Conjunctivitis can be caused by bacterial or viral infection, allergies, or injuries. There is usually redness of the lining of the eye, itching, discomfort, and sometimes discharge. There may be deposits of matter along the eyelids. A viral infection usually causes a watery discharge, while a bacterial infection causes a yellowish, thick discharge. **Pink eye is very contagious and spreads by direct contact.**

You may be given antibiotic eyedrops as part of your treatment. Before using your eye medicine, remove all drainage from the eye by washing gently with warm water and cotton balls. Continue to use the medication until you have awakened 2 mornings in a row without discharge from the eye. Do not rub your eye. This increases the irritation and helps spread infection. Use separate towels from other household members. Wash your hands with soap and water before and after touching your eyes. Use cold compresses to reduce pain and sunglasses to relieve irritation from light. **Do not wear contact lenses or wear eye makeup until the infection is gone.**

SEEK MEDICAL CARE IF:

- Your symptoms are not better after 3 days of treatment.
- You have increased pain or trouble seeing.
- The outer eyelids become very red or swollen.

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