

qTitle: About Pink Eye (Conjunctivitis)

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Abstract: Pink eye is often caused by an infection of the protective layer covering the eyeball. While it is often caused by bacteria, using antibiotics does not make the infection go away faster. People should return to work or school when their pink eye is no longer making extra tears or pus. To prevent the spread of pink eye, don't touch your eyes and wash your hands often.

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Pink Eye



What is pink eye?

Pink eye, or conjunctivitis, occurs when the protective layer covering the eyeball becomes infected and/or inflamed. Extra tears or pus can leak out of the pink eye. The fluid coming out of the pink eye may become crusty, closing the eye shut. The pink eye may or may not be itchy.

What causes pink eye?

1. Bacteria often found in the nose and mouth cause most (80%) pink eyes.
2. Viruses that cause the common cold
3. Allergies to pollen, trees, grasses, animals, and dust can cause itchy, watery eyes.

How can I treat pink eye?

Put a cool, wet washcloth on the pink eye for 5 minutes. It will help to loosen up crust on eyelids and lashes. It also helps with eye warmth and swelling. Saline eye drops and sunglasses can make the eye more comfortable. If you have pink eye from allergies, antihistamine eye drops will calm the reaction. Antibiotics don't help our bodies to fight off pink eye much faster. Plus, using antibiotics when they are not needed can lead to worse infections later on.

When can I go back to work or school?

You can go back to school or work after their pink eye stops making extra tears and pus. This way, you won't infect classmates and co-workers with pink eye. It may be 5-7 days before you're ready to go back. You should see your doctor if the pink eye lasts for more than 2 weeks. Do everything you

can to stop the spread of pink eye to stop the spread of pink eye.

How can I stop the spread of pink eye?

Staying home when your pink eye is making extra tear and pus is the best way to keep others healthy. Other tips include:

Wash hands throughout the day

Don't touch or rub infected eyes

Wipe infected eyes with a tissue, not your hand! Then throw the tissue away.

Wash face towels and pillow every night you have pink eye.

If it touches your eyes, don't share it!

This includes:

Make-up

Eye drops

Contact lens cases and solution