

Pinkeye

What You Need to Know



What is Pinkeye?

Pinkeye is an infection of the eye caused by a virus. Viruses are in the drainage from the eye. Pinkeye is easily spread from one eye to the other or to other people by contact with this drainage.

What are the symptoms of Pinkeye?

- Crusts that form on the eyelid overnight
- Gritty feeling in the eyes
- Redness in the eye
- sensitivity to light
- Increased tearing

How long after exposure to the bacteria before the first signs of illness appear?

One to three days after exposure.

What is the treatment for Pinkeye?

Pinkeye usually disappears on its own within 7-10 days. Some doctors may give a mild antibiotic eye drop or ointment. You can apply a clean cloth soaked in warm water to soothe discomfort. Children attending day care or school should be excluded until they receive medical care or the drainage has cleared.

How can Pinkeye be Prevented?

Wash your hands often. Avoid touching your eyes. Change your pillowcase and sheets often. Do not share towels, washcloths, handkerchiefs, eye drops or cosmetics. Handle and clean contact lens properly.

HAND WASHING INSTRUCTIONS:

- Use soap and running water
- Rub your hands vigorously for 20 seconds
- Wash all surfaces, including:
 - backs of hands
 - wrists
 - between fingers
 - under fingernails
- Rinse well
- Dry hands with a paper towel
- Turn off the water using a paper towel instead of bare hands



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