

# CONJUNCTIVITIS (Pinkeye)



Conjunctival inflammation gives the eye a reddish tinge commonly known as pink eye.

## Symptoms for Common Types:

- **Allergic conjunctivitis** causes itching, redness and excessive tearing in both eyes. The nose also may be stuffy, itchy and runny.
- **Viral conjunctivitis** usually affects only one eye, which has excessive watering and a light discharge. Crusting on eyelids sometimes occurs.
- **Bacterial conjunctivitis** often spreads to both eyes and causes a heavy discharge, sometimes greenish. Crusting may appear on eyelids.

## Treatment:

Options vary, often depending on whether your conjunctivitis is caused by a virus or bacteria. Antibiotic eye ointments or drops may help bacterial forms of conjunctivitis, but don't work for viral forms.

For all types of conjunctivitis, warm compresses placed on the outside of the eyelids and lubricating eye drops may help eyes feel better.

## How to Prevent Pinkeye:

Never share washcloths, towels or pillowcases with anyone at home or in a public environment.

Don't share eye drops or cosmetics such as eyeliner, eye shadow or mascara. If you have pink eye, replace these items to avoid re-infection after your recovery.

Avoid touching the corners of your eye or rubbing your eye.

**Wash your hands frequently!**