



Ministry of Health

PINK EYE AND YOU

Conjunctivitis other-wise known as “Pink Eye”, is an infection of the eyes. It is caused mainly by a virus which enters the eyes by contaminated:

- o HANDS
- o WASH RAGS
- o COSMETICS
- o HANDKERCHIEFS
- o CONTACT LENS
- o OTHER PERSONAL ITEMS

SIGNS AND SYMPTOMS

- Redness of the eyes
- Itchy or burning eyes
- Grainy feeling in eyes
- Sensitivity to light
- Watery eyes



PREVENTION

Do not share make up, eye drops, wash rags etc

Avoid shaking hands with infected persons

WASH HANDS OFTEN after tending to persons with pink eye

TREATMENT & CARE:

- Pour boiled water that has been cooled on to clean tissue/cotton and wipe eyes at least 3 times for the day
- Throw tissue/cotton in garbage after each use
- Avoid rubbing eyes
- Do not attend school/work/other crowded places until infection clears