Conjunctivitis (Pink Eye)

- Pink eye is usually self-limited, and rarely results in serious complications.
- Symptoms can last 7-10 days but most often resolve within 5 days.

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SELF-CARE MEASURES:

- Stop using contact lens until you no longer have symptoms
- Do not use eye makeup
- Do not use eye drops for redness reduction or allergies
- Use artificial tears or saline drops (Examples: CMC/Glycerin drops or Refresh Plus®)
- Use cold compresses

LIMIT SPREAD TO OTHERS:

 You may be contagious for 7-14 days. While this should not prevent you from attending classes or other events, you should follow precautions to prevent spread to others.

Wash hands frequently with soap and water

Do not share towels

Avoid intimate contact with dathewan injury to the eye

- If you have moderate/severe pain to one or both eyes
- If you have any loss of vision (not just blurry)
- For symptoms lasting more than 7-10 days

OTHER RESOURCES:

http://www.cdc.gov/conjunctivitis/about/causes.html

 $\underline{http://www.aoa.org/patients-and-public/eye-and-vision-problems/glossary-of-eye-and-vision-conditions/conjunctivitis?sso=\underline{y}$

Loyola self-care guidelines are based on the most recent recommer	ndations of national medical authorities