

WHAT IS CONJUNCTIVITIS?

Conjunctivitis is inflammation of the conjunctiva which is a fine membrane lining the inside of the eyelids and covering the white part of the eye.

SYMPTOMS

- Sensation of grittiness
- Itching
- Watering
- Redness
- Sensitivity to light
- Sticky discharge, in some cases can affect one or both eyes.

CAUSES

- Bacteria
- Viruses
- Allergies

TREATMENT

Bacterial Conjunctivitis

Antibiotic eye drops or ointment.

Viral Conjunctivitis

No treatment necessary

Allergic Conjunctivitis

Anti-allergic eye drops

Try to identify the cause of the allergic reaction so that it can be avoided.

If bright lights cause discomfort wear dark glasses.

Do not wear eye make-up.

HOW TO PREVENT A SPREAD OF THE INFECTION

Wash your hands before and after instilling eye drops or ointment.



Do not rub your eyes and be careful not to spread the infection from one eye to the other.

Have your own face cloth and towel to prevent spread of infection to other family members.

Use tissues instead of cotton handkerchiefs and discard after one use.

If you think you have conjunctivitis consult your family doctor.

Contact details

 TorbayAndSouthDevonFT
 @TorbaySDevonNHS
www.torbayandsouthdevon.nhs.uk/



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PATIENT INFORMATION

Conjunctivitis

Ophthalmic Unit

For further assistance or to receive this information in a different format, please contact the department which created this leaflet.

