

SYMPTOMS

Symptoms are usually:

- Pink or red colour in the white of the eyes (conjunctiva).
- Watery eyes.
- Scratching, itching, irritation.
- Crusting of eyelids or lashes (especially in the morning)
- Discharge from the eyes (pus or mucus)
- Feeling like a foreign body is in the eye(s)



TRANSMISSION

There are three main types of conjunctivitis: infectious (virus and bacterial), allergic, and chemical.

1. Bacterial conjunctivitis: is an infection most often caused by staphylococcal or streptococcal bacteria.
2. Viral conjunctivitis: is an infection most often caused by contagious viruses associated with the common cold.
3. Allergic conjunctivitis: occurs more commonly among people who already have seasonal allergies, they develop it when they come into contact with a specific substance.
4. Chemical conjunctivitis: can be caused by irritants, and exposure to noxious chemicals.

Distribution and Spread

Several viruses and bacteria can cause conjunctivitis, some are very contagious. These germs can spread from person to person in different ways: close personal contact, such as touching or shaking hands, by the air coughing and sneezing.

RECOMMENDATION

Treatment:

1. Bacterial conjunctivitis: is usually treated with antibiotic drops. May improve after 3-4 days of treatment, but the patient has to finish the entire course of antibiotics to prevent a recurrence.
2. Viral conjunctivitis: antibiotics will not cure a viral infection. Symptoms can often be relieved with cool compresses and artificial tears solution.
3. Allergic conjunctivitis: remove or avoid the irritant, cool compresses, and artificial tears can help to relieve the symptoms. In some cases, nonsteroidal anti-inflammatory medications and antihistamines are recommended.
4. Chemical conjunctivitis: It is recommended to flush the eyes with saline or clean water, in some cases may need to use topical steroids. Severe chemical injuries are medical emergencies.

General recommendation:

- Practice good hygiene.
- Avoid touching or rubbing your eyes and pay attention to hygiene.
- Wash your hands frequently
- Do not share personal items like washcloths, pillows, towels, makeup, makeup brushes, and contact lenses
- Do not use the same eye drops dispenser.
- Stop wearing contact lenses.
- Avoid contact with the specific substance.
- If there is a chemical spill in your eye, flush the eye for several minutes with a lot of clean water before you visit your medical provider.