



## Self-care Information

# Conjunctivitis

Tips on how you can self manage conjunctivitis

“Supporting you to look after you”

- Can be caused by an allergy or infection.
- Wash your hands regularly – especially after touching your eyes.
- If you wear contact lenses, do not wear them until your eyes have healed.
- Gently clean away sticky discharge from your eyelids and lashes using cotton wool soaked in cooled previously boiled water.
- Your local pharmacy can give you advice on eyedrops or antihistamines to help with your symptoms.

## What is conjunctivitis?

Conjunctivitis is a common condition that causes redness and inflammation of the eye. It can be caused by either an allergy, such as hayfever, or an infection.

It usually clears up by itself within 2 weeks.

## What are the signs?

Allergic conjunctivitis:

- Redness of the eye
- Itchiness
- Watering eyes

If you have infective conjunctivitis, you may also have:

- A burning feeling in your eyes
- A feeling of having grit in your eyes
- A sticky coating on the eyelashes

**You may not always require a medicated treatment, as it should clear up by itself. Your local pharmacy can offer advice and treatment. The treatment may differ depending on if it is allergic or infective conjunctivitis.**

### Did you know?

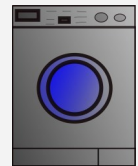
You can buy cheaper non-branded alternatives of medications from a pharmacy or local supermarket



**Let your pharmacist know if you take any other medicines, or if you are pregnant or breastfeeding, as this may affect which treatments you can use safely.**

## You could try

- ✓ Washing your hands regularly – this is really important after touching your eyes and will stop the infection spreading to others.
- ✓ Gently cleaning away sticky discharge from your eyelids and lashes using cotton wool soaked in cooled previously boiled water.
- ✓ Removing your contact lenses – if you wear contact lenses, take them out until all the symptoms of the infection have gone. Always use new lenses, solutions and cases after an infection.
- ✓ Using lubricant eye drops. They may help ease any soreness and stickiness in your eyes. Always follow the manufacturer's instructions.
- ✓ Washing your pillow case, face cloths and towels in hot water and detergent to avoid infecting others, or re-infecting yourself.



## Try not to

- ✗ Re-use old lenses after the infection has gone. This could cause re-infection.
- ✗ Share towels, face cloths or pillows.
- ✗ Rub your eyes.



### See your GP if:

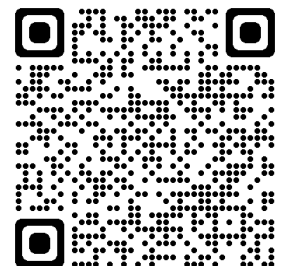
- Your baby has red eyes.
- You wear contact lenses and have conjunctivitis symptoms as well as spots on your eyelids. You might be allergic to the lenses. (Alternatively, see your optician)
- Your symptoms have not cleared up after 2 weeks.

### See your GP urgently, or call 111 if:

- Your baby has red eyes and is less than 28 days old
- You have pain in your eyes.
- You have sensitivity to light.
- You have changes in your vision, like wavy lines, or flashing.
- One or both eyes are very red.

### Here are some useful links to further information

NHS Website	<a href="https://www.nhs.uk/conditions/conjunctivitis/">https://www.nhs.uk/conditions/conjunctivitis/</a>
Patient Website	<a href="https://patient.info/eye-care/eye-problems/allergic-conjunctivitis">https://patient.info/eye-care/eye-problems/allergic-conjunctivitis</a> <a href="https://patient.info/eye-care/eye-problems/infective-conjunctivitis">https://patient.info/eye-care/eye-problems/infective-conjunctivitis</a>
<b>Or visit your local pharmacy for advice</b>	



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