

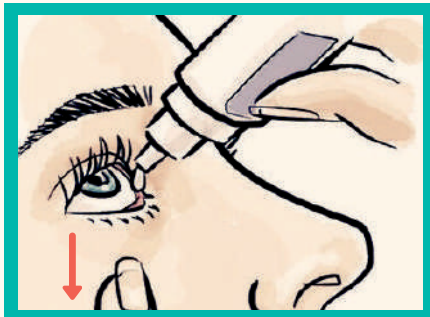
Your Eyes - Your Windows to the World

KEEP THEM CLEAN

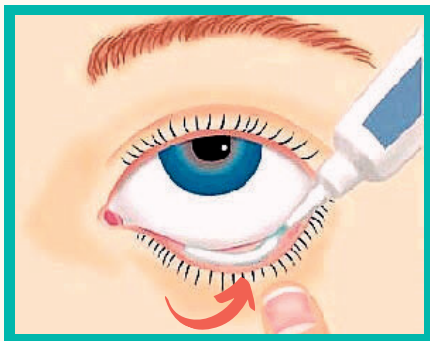
How do I use the prescribed medication ?



Only use medication prescribed by your doctor. Keep them in a clean and safe place. Do not touch the tip of the medication with your finger, or let it touch your eyelashes. Instil only one drop at a time. Some drops may cause a stinging sensation. If you experience itchiness with the medication, consult your doctor as you may be allergic to it.



To use eye drops, gently pull down your lower eyelid to catch the drops. Keep your eye closed for 1 or 2 minutes afterwards.



If you use an ointment, put it in your eyes the same way. Take care to avoid touching the tip of the tube on the eye.

What should I observe while having conjunctivitis ?

If you have conjunctivitis, there are things you can do to help your symptoms and prevent spreading the infection to others around you.

- Wash your hands often.
- Clean your glasses regularly.
- Don't share personal items such as towels or pillows.
- Avoid touching or rubbing your eyes.
- Discard contact lenses, containers and storing solutions, as well as any eye make-up that was used prior to being symptomatic.
- If you think you have conjunctivitis because of an allergy, try to find out what causes the allergy, so you can avoid the offending agent.

DO NOT WEAR CONTACT LENSES WITH RED EYES. KEEP THEM OUT UNTIL YOUR EYES ARE HEALED.



Conjunctivitis

(KON·JANG·TEE·VAI·TIS)

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What is conjunctivitis?

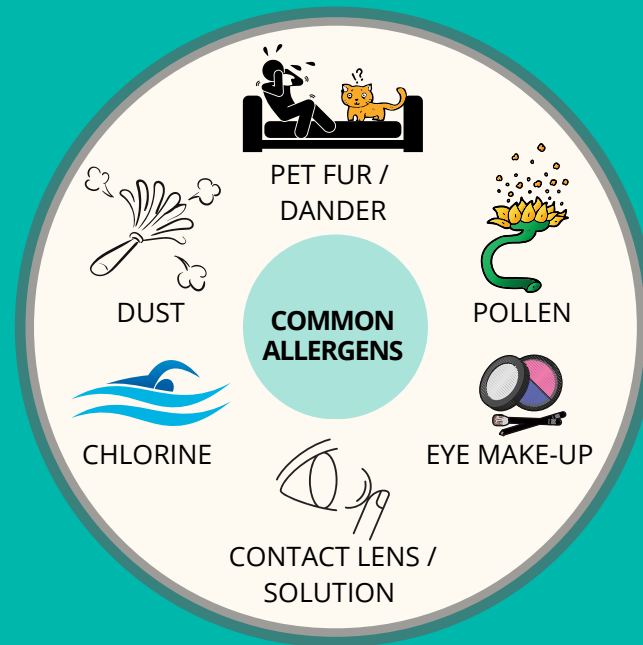
Conjunctivitis is caused by an inflammation of your conjunctiva, the thin lining that covers the inside of your eyelids and the whites of your eyes. It usually occurs due to an infection or allergy. Viruses (most commonly) or bacteria are the most typical cause for infective conjunctivitis. Allergies can be caused by exposure to dust, pollen, medication or food. Conjunctivitis caused by viruses or bacteria spreads easily.

If your eyes look red and feel gritty, you may have conjunctivitis. If your eyes don't start to feel better after a day or two you should see an eye specialist because it can occasionally be a sign of a more serious problem.

Who is at risk for conjunctivitis?

Anyone can get conjunctivitis. The infective type usually spreads from person to person. You're more at risk if you:

- have come into contact with someone with infective conjunctivitis
- recently had a viral cough or cold
- wear contact lenses
- have been in contact with something you're allergic to



- Several attacks in a short space of time, or symptoms at the same time every year, may indicate an allergy.
- Contact lens wearers with any of the above symptoms, should remove the contact lenses immediately and consult an eye doctor, as there is a higher risk for a more serious problem called keratitis.
- Babies, especially newborns with any of these symptoms require urgent attention from a paediatrician and ophthalmologist, as conjunctivitis in this age group can be indicative of more serious problems.

What are the signs and symptoms?

Symptoms of conjunctivitis include:

- Red or sore eyes
- Reduced vision
- Watery eyes
- A gritty or foreign-body sensation
- Stinging or burning
- White or yellow pus from your eyes
- Crusting on your eyelids when sleeping; that can prevent you from opening your eye(s) in the morning
- Itchiness
- Swollen eyelids
- Tender lump in front of the ear(s)

How is conjunctivitis treated?

Treatment is dependent on the cause. For infections, topical medication (eye drops) will be given along with an ointment and artificial tears as per the doctor's advice. If you have a conjunctivitis caused by an allergy, the underlying allergy needs to be addressed. An important factor would be to isolate and avoid exposure to the offending allergen.

You should consult a doctor straight away if you have eye pain, any sudden change in vision or sensitivity to light. These may be signs of a more serious problem.

