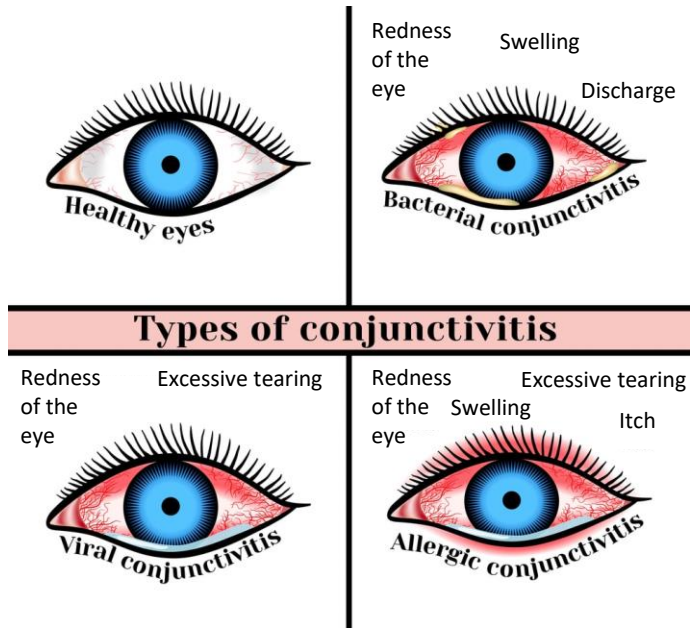


Conjunctivitis is often called 'pink eye'. It is self-limiting and it will resolve within a week.



## What can I do to help?

### DO's

- Clean your eyelids with cotton wool soaked in sterile saline or boiled and cooled water to remove any discharge.
- Gently apply cool compresses to the eye area.
- See a pharmacist or optometrist if your eyes don't get better or get worse.
- Wash hands regularly with warm soapy water.
- Wash pillows and face cloths in hot water and detergent.

### DON'T's

- Do not rub your eyes, do not share towels and pillows to stop infectious conjunctivitis from spreading.
- Do not wear contact lenses until symptoms improved.

## When and who should I see about my conjunctivitis?

- If your symptoms lasts for longer than 10 days OR you have any of the following symptoms: pain in the eyes, sensitivity to light, changes in vision and intense redness in one or both eyes, **contact the local Minor Eye Conditions Service (see your local CCG website for details) or ask your pharmacist.**
- If you wear contact lenses and have conjunctivitis symptoms that are not improving or have any of the above features **urgently contact your contact lens practitioner or the Minor Eye Conditions Service.**
- If your baby has red eyes – get a same day GP appointment if baby is less than 28 days old.

