



Pinkeye (Conjunctivitis)

What is Pinkeye?

Pinkeye is redness and swelling of the conjunctiva (the lining of the eyelid and the covering of the white part of the eye). Pinkeye is also called conjunctivitis. The most common causes of pinkeye are infections with bacteria or viruses or an allergic response to something in the environment. Pinkeye is often contagious. It is important to practice good hand hygiene to prevent the spread to others.

How will I care for myself at home?

- Wash your hands often. Always wash your hands before and after you treat pinkeye or touch your eyes or face.
- Use moist cotton ball or a clean wet cloth to remove crusting if present.
- Do not share towels, pillows, or washcloths when you have pinkeye.
- Do not wear contact lenses or eye makeup until the pinkeye is gone.
- Discard your soft contact lenses and storage case. Use a new pair of contacts when your eye has cleared and it is safe to wear your contacts again.
- Throw away any eye makeup that you were using when you got pinkeye.
- If the doctor gave you antibiotic ointment or eye drops, use them as directed. Continue to use the medicine for as long as your doctor instructed, even if your eye starts looking better.

How do I apply eye-drops or ointment?

- Tilt your head back, and pull your lower eyelid down with one finger.
- Place the medicine inside the lower lid.
- Close your eye 30 seconds to let the drops or ointment move around.

- Do not touch the ointment or dropper tip to your eyelashes or any other surface.

When do I call for help?

Call your doctor or seek immediate medical care if you have any of the following signs or symptoms:

- Pain in the eye, not just irritation.
- Change in vision or loss of vision.
- Increase in discharge from the eye.
- Pinkeye that has not started to improve or gets worse within 48 hours after you start using antibiotics.
- Pinkeye that lasts longer than 7 days.

Watch closely for changes in your health, and be sure to contact your doctor if you have any problems.

Disclaimer: This document is for informational purposes only and is not intended to take the place of the care and attention of your personal physician or other professional medical services. Talk with your doctor if you have Questions about individual health concerns or specific treatment options.

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