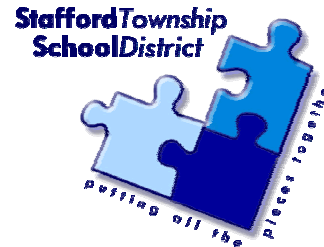


Call the Doctor if you have questions or concerns or if your child has:

- Redness, swelling or pain that has spread around the eye or eyelid
- Blurry vision, double vision or sensitivity to light that gets worse
- Fever over 102°. If your child is an infant under 2 months old, call the doctor if the fever is over 100.4°
- Small blister-like sores close to the eye
- A cloudy look to the eye
- No improvement after 2 days of treating the eyes with medicine prescribed by the doctor
- An ear ache (ear pain)



For additional information contact your school nurse at 609-978-5700

Primary Learning Center x1276
Ocean Acres x1113
Oxycocus x1073
McKinley Avenue x1140
Intermediate x1074
District Nurse Coordinator x 1205



Wellness Series

Keeping students healthy, fit and eager to learn

Conjunctivitis

“Pink Eye”





Conjunctivitis

“Pink Eye”

Conjunctivitis is an inflammation (swelling, irritation) of the thin, clear tissue (conjunctiva) that covers the white of the eye and the inside surface of the eyelid. The inflammation causes the white part of the eye (sclera) to turn pink, thus the name “Pink Eye.” It may be caused by bacteria, viruses, allergies or exposure to chemicals (smoke, cosmetics) or irritants (dust). When conjunctivitis is caused by an infection, it is called “infectious conjunctivitis.”

How will Conjunctivitis affect my child?

Conjunctivitis spreads from person to person by direct contact with hands, towels and washcloths that are touched by the affected person. The illness starts 2-7 days after direct contact. Signs include redness of the white part of the eye and discharge from the eye. The discharge may be watery or thick. Eyelids are pink and swollen. One or both



of the eyes may be affected.

The condition is usually not painful. Older children may tell you that their eyes burn or itch or that it feels like something is in the eye. Vision will not be affected but pus and mucus may cause some blurry vision.

Infections caused by a virus improve in 8-10 days. Infections caused by bacteria improve after 1-3 days of treatment.

How is Conjunctivitis treated?

Eye drops or ointment containing an antibiotic are used for conjunctivitis caused by bacteria. **Wash your hands before putting the medicine into the eye.** Gently wipe the eyes with a tissue or cotton ball dipped in warm water. This will remove any mucus or pus from the eyelids. Follow the directions you are given for putting drops or ointment into your child’s eyes.

Wash your hands right away after you put the medicine into your child’s eyes.

Your child’s eyes may sting or burn after the medicine is put into the eye.

Tears quickly wash the medicine out of the eyes. This means eye drops must be

given often. Ointment will be given less often. Follow the directions you are given. If another person will give treatment, tell that person the best way to put the eye drops or ointment into the eyes. Be very clear on how important it is for the adult to wash their hands before and after treating the eyes.

Ask older children not to rub their eyes. Children should wash their hands with soap and water often

Your child may return to school or daycare after one full day of treatment. Many schools and daycare centers have written policies about when a child with infectious conjunctivitis may return.

Your child should use towels and washcloths that are kept separate from those used by other members of the family. Change towels and washcloths daily and wash them in hot soapy water.

Tissues used to clean or wipe the eyes should be thrown away right after use.

Do not allow your child to go swimming until the eyes are healed.