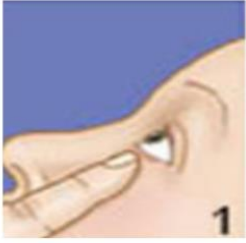


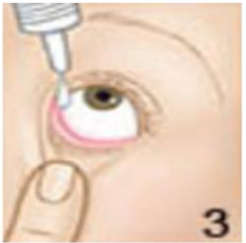
STEPS TO INSTILL EYE DROPS



1 Tilt you head back.



2 Pull your lower lid down creating a pocket.



3 Put a drop in the pocket without touching your eye with the bottle.



4 Close your eye and press your finger against the inside corner.

STEPS TO INSTILL EYE OILMENT



1. Pull the lower lid downward.
2. Look up.
3. Line the inner part of lower lid with oilment.
4. Pull up upper lid and look down.
5. Close your eyes for 1-2 minutes.



CONJUNCTIVITIS (PINK EYE) WHAT YOU NEED TO KNOW

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WHAT IS CONJUNCTIVITIS?

Conjunctivitis is when the whites of one or both of your eyes look pink because the clear membrane that covers parts of your eye and eyelid are inflamed. It is a very common and treatable condition that effects people of all ages.

CAUSES

Conjunctivitis is usually caused by common virus or bacterial infections and is highly contagious, meaning it can spread easily to the unaffected eye and to other people.

Other causes include allergies, irritants or toxic substances (shampoo, contact lenses or solution, dirt, smoke, pool chlorine) eye injuries, and immune disorders.

COMMON SYMPTOMS

Symptoms may appear very suddenly and can include the following:

- Redness in the whites of your eye or inner eyelid
- Itchy, dry, watery or irritated eyes
- Eye discharge (usually thick, can be yellow, green or white)
- Feeling like something is stuck in your eye
- Swollen eyelids
- Eye pain or discomfort including burning eyes
- Blurred vision

WHEN TO SEE A DOCTOR

If you develop blurred vision or noticeable eye pain, please visit your doctor for consultation. A doctor may take a swab from your eyes to identify the organism that is causing the infection.

TREATMENT OPTIONS

Treatment options depend on the cause and may include eyedrops, eye oilment, and oral medications prescribed by a doctor, such as:

- antibiotic eye drop/ointment
- antiviral eye drop
- lubricating eye drops
- steroid eye drops
- antihistamine eye drops

Recovery time differs among individuals; it may range from few days to weeks.

PREVENTION TIPS

- Regular handwashing is extremely important for prevention of all infectious conditions. To prevent spreading conjunctivitis infection you should wash and dry your hands thoroughly after touching your eyes/face or instilling eye drops.
- Do not share your eye drop with another person even if he/she has similar symptom. Discard the eye drops after you have finished using them.

PREVENTION TIPS (...cont)

- Wipe your eyes with tissue paper to clear discharge and discomfort. Use one tissue per eye to prevent cross infection. Dispose them properly after using and wash your hands.
- If you wear contact lenses, avoid using them when you have red eyes and do inform your treating eye doctor. Only resume use of contact lenses after symptoms completely clear.
- If you work with children or the elderly do not attend work while you have red, watery or sticky eyes.
- Avoid using eyeliner and mascara during infection.
- Do not share face flannel, towel or make up with another person.

