

HELP PROTECT YOURSELF FROM GETTING & SPREADING PINK EYE (CONJUNCTIVITIS)

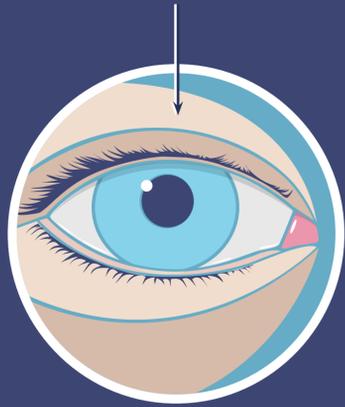
PINK EYE IS EXTREMELY COMMON.

PUBLIC SCHOOL KIDS IN THE U.S. MISS

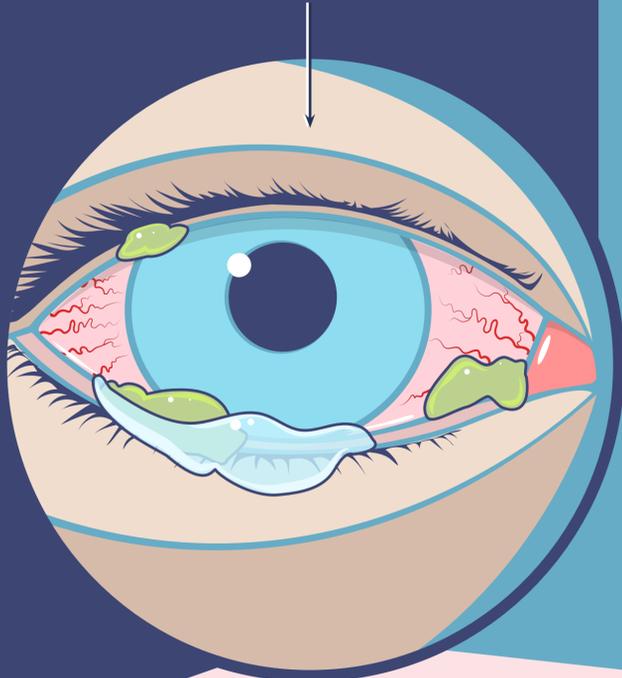
3 MILLION

SCHOOL DAYS EACH YEAR AS A RESULT OF PINK EYE.

Healthy Eye



Infected Eye



Pink eye is often highly contagious.

IT CAN BE CAUSED BY

- 👁️ **VIRUSES** (very contagious)
- 👁️ **BACTERIA** (very contagious)
- 👁️ **ALLERGENS, LIKE POLLEN** (not contagious)
- 👁️ **IRRITANTS, LIKE SMOKE OR DUST** (not contagious)

Symptoms

usually include:

- 👁️ **REDNESS OR SWELLING**
- 👁️ **WATERY EYES**
- 👁️ **A GRITTY FEEL**
- 👁️ **ITCHINESS, IRRITATION, OR BURNING**
- 👁️ **DISCHARGE**
- 👁️ **CRUSTING OF THE EYELIDS OR LASHES**

SEE A DOCTOR IF YOU HAVE **PINK EYE** ALONG WITH ANY OF THE FOLLOWING:

- 👁️ Eye pain
- 👁️ Sensitivity to light or blurred vision
- 👁️ Intense eye redness
- 👁️ Symptoms that get worse or don't improve
- 👁️ A weakened immune system, for example from HIV or cancer treatment
- 👁️ Pre-existing eye conditions

A doctor can usually diagnose the cause of pink eye based on symptoms and patient history.



Newborns with symptoms of pink eye should see a doctor right away.



PROTECT YOURSELF AND OTHERS FROM PINK EYE

- 👁️ Wash your hands often with soap and water, and help young children do the same. Wash hands especially well after touching someone with pink eye or their personal items.



- 👁️ Avoid touching or rubbing your eyes. This can worsen the condition or spread it to your other eye.
- 👁️ Avoid sharing personal items, such as makeup, eye drops, towels, bedding, contact lenses and containers, and eyeglasses.
- 👁️ Do not use the same eye products for your infected and non-infected eyes.
- 👁️ Stop wearing contact lenses until your eye doctor says it's okay.
- 👁️ Clean, store, and replace your contact lenses as instructed by your eye doctor.



WWW.CDC.GOV/PINKEYE