



## Microbe Minutiae

- From the Department of Microbiology -

# CONJUNCTIVITIS

### Background

- Conjunctivitis often called "pink eye" - Inflammation or infection of the outer membrane of the eyeball and the inner eyelid.
- Commonly caused by Virus and Bacteria

### Transmission

- Close personal contact, such as touching or shaking hands.
- The air by coughing and sneezing.
- Touching an object or surface with germs on it, then touching your eyes before washing your hands

### Treatment

- Using artificial tears.
- Cleaning your eyelids with a wet cloth.
- Applying cold or warm compresses several times daily.
- Antibiotic eye drops are rarely needed since conjunctivitis is usually viral,

### Symptoms

- Redness in one or both eyes.
- Itchiness in one or both eyes.
- A gritty feeling in one or both eyes.
- A discharge in one or both eyes that forms a crust during the night that may prevent your eye or eyes from opening in the morning.
- Tearing.
- Sensitivity to light, called photophobia.

### Prevention

- Wash your hands often with soap and warm water for at least 20 seconds
- Avoid touching or rubbing your eyes.
- Avoid sharing pillows, towels etc.
- Wear protective eyewear to minimize the chance of spreading of conjunctivitis.