



CONJUNCTIVITIS (PINK EYE)

What is conjunctivitis?

A viral, allergic, bacterial, or nonspecific contamination of the eye, causing an infectious and inflammatory reaction.



Signs and symptoms:

- eye redness
- swollen eyelids
- eye discharge: watery, goopy, or crusty
- scratchy, itchy feeling

Please wash your hands before and after touching your face, nose, mouth, and eyes.

The best news: It is self-limiting!

Which means

it should go away on its own

in about a week!

How to manage symptoms:



- Antihistamines/allergy medication (like Claritin or Zyrtec) helps with:
 - itchiness
 - watery eyes; discharge
 - redness
- Over-the-counter eye drops help with:
 - reducing scratchy feeling
 - lubricates eye while healing
- Ibuprofen (Advil, Motrin) helps to:
 - reduce inflammation and swelling
 - reduce pain



Check out the latest updates and more details from **the Mayo Clinic**



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