



CONJUNCTIVITIS (PINK EYE)

What is conjunctivitis?

A viral, allergic, bacterial, or nonspecific contamination of the eye, causing an 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 usually 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
- If symptoms do not go away after one week, call UHS to schedule an appointment.



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



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