

**CONJUNCTIVITIS**  
**PATIENT INFORMATION LEAFLET**



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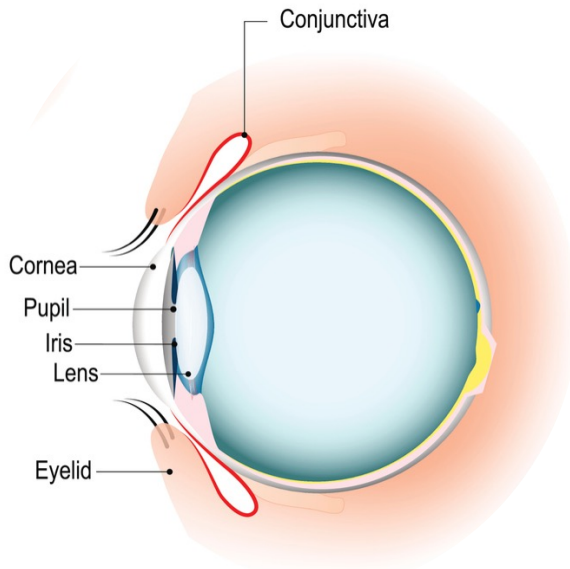
# CONJUNCTIVITIS





# WHAT IS THE CONJUNCTIVA?

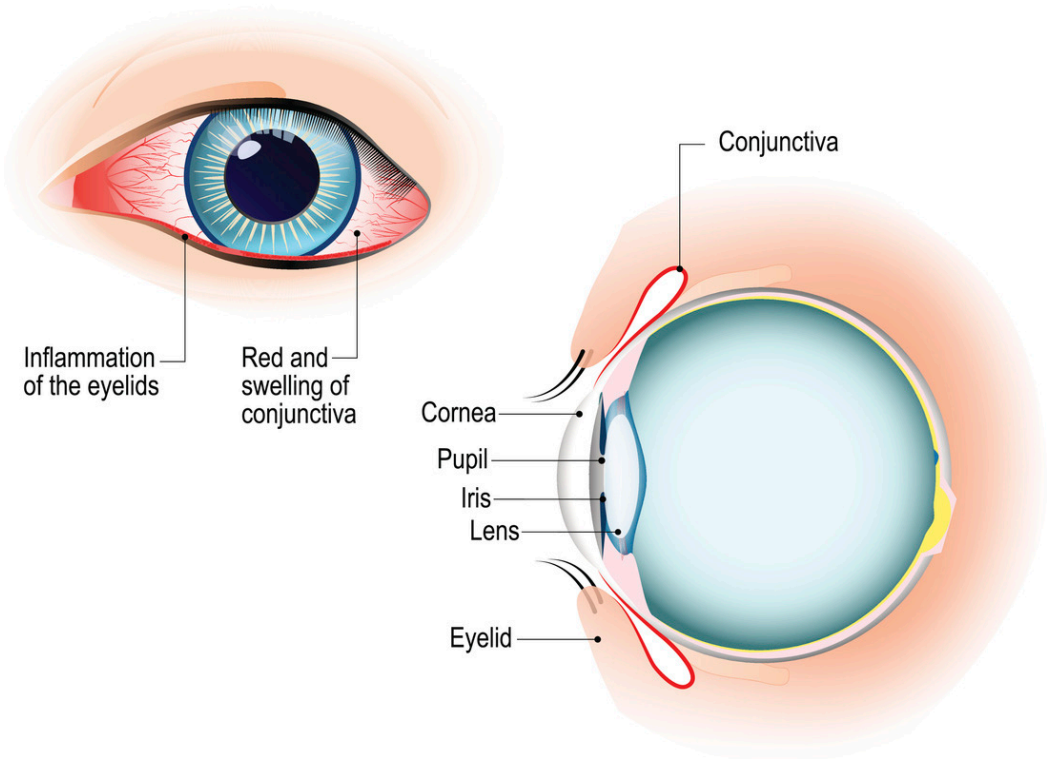
The conjunctiva is the clear film that covers the white part of your eye and the inside of your eyelids. It helps protect your eye from things which can harm it such as dirt or germs.



# WHAT IS CONJUNCTIVITIS?

Conjunctivitis, also known as "pink eye," is when the conjunctiva gets irritated and turns pink or red. It can happen because of germs, like bacteria or viruses, or because of allergens, like pollen or dust.

When you have conjunctivitis, your eye might feel itchy, sticky, or like there is something in it. Sometimes, your eye might have some discharge, which can make your eyelashes stick together.



# TYPES OF CONJUNCTIVITIS

There are three main types of conjunctivitis: bacterial, viral and allergic.

## **BACTERIAL CONJUNCTIVITIS**

This type is caused by bacteria, which are tiny germs. It can make your eyes red and sore, and there might be a yellow or green discharge.

It can be treated with anti-biotic drops from a pharmacy and usually clears up within a week.

// There are three main types  
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## **VIRAL CONJUNCTIVITIS**

This is caused by a virus, like the ones that give you a cold, flu or sore throat such as Covid-19.

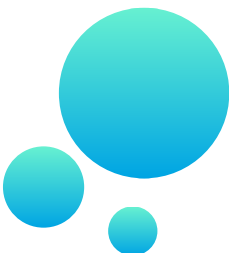
Your eyes get very red and watery, and possibly itchy.

It can last a lot longer than bacterial conjunctivitis, sometimes 2-3 weeks and may affect your vision.

In many cases no treatment is needed, but some may require a prescription of steroid eye drops.

Viral conjunctivitis can be very contagious so you should wash your hands, keep good hygiene measures and avoid sharing towels or pillowcases.

**// Viral conjunctivitis can be very contagious...keep good hygiene measures**



## ALLERGIC CONJUNCTIVITIS

This is usually a response to things like pollen, dust, cleaning products, cosmetics or pet hair.

Your eyes may get red, itchy, and watery, but there is no sticky discharge.

// Allergic  
conjunctivitis can  
be seasonal such  
as hay fever  
during the spring



Allergic conjunctivitis can be seasonal such as hay fever during the spring or summer months or perennial affecting the eyes all year around.

Antihistamines are medications that can help to calm the symptoms of itching when you have an allergy and are available in the form of tablets and eye drops.

# WHAT SHOULD YOU DO?

If you feel you are suffering from any type of conjunctivitis it is important to see your eye specialist so they can assess your eyes and advise the best treatment.

It is important to follow the following steps.

1. Good hygiene, wash your hands thoroughly with warm soapy water and dry them with a clean or disposable towel.
2. Avoid sharing any towels or linen with others to avoid spreading germs.
3. Clean your eyes with cooled boiled water and a cotton pad. Try to use a new cotton pad for each eye to reduce the spread of infection and dispose of them after each use.
4. Avoid touching or rubbing your eyes; this can make your symptoms worse.
5. A cool compress on closed eyes can help soothe the irritation or itching.



5. Preservative free dry eye drops can help to soothe the eyes, ask your eye specialist for advice.
6. Avoid wearing contact lenses if you feel your eyes are red or irritated.
7. Take care of your eyes by continuing with regular eye tests and ask your eye specialist if you have any questions on your eye health.

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CALL US ON 0800 112 0070

**Head Office**

Fora  
Thames Tower  
Station Road  
Reading  
RG9 1LX

**T.** 0203 7807860

**E.** [support@nhseye.services](mailto:support@nhseye.services)

**W.** [www.nhseye.services](http://www.nhseye.services)