

# Eye Infection (Conjunctivitis)

Conjunctivitis, also known as pink eye, is an inflammation of the inside of the eyelid and the membrane which covers the white part of the eye. Conjunctivitis can be caused by a bacterial or viral infection, chemical irritation, exposure to wind and sun, allergy or contact lenses. Antibiotics are **NOT** helpful for viral infections.



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## What to Expect

Common **symptoms** of conjunctivitis are:

- Clear, green or yellow discharge from the eye.
- Swollen eyelids.
- Redness in the white parts of the eyes.
- Gritty or scratchy feeling in the eye and/or pain.
- Itching or burning feeling on the eyelids.

### Recommended Follow-Up

- Follow up in \_\_\_ days.

Name of Provider  
Reason  
Date/Time  
Location  
Contact Info

- \_\_\_\_\_
- \_\_\_\_\_



## When to Get Help

**Go to the nearest Emergency Department or Urgent Care Centre if you experience:**

- The eye is still pink three days after starting treatment with medicine.
- Increased eye pain.
- The redness and swelling are spreading.
- Blurred vision or loss of vision.
- Fever.

### To Learn More Ask:

- Your health care provider.  
HealthLinkBC - call 8-1-1 (7-1-1 for deaf or hard of hearing) or go online to [www.HealthLinkBC.ca](http://www.HealthLinkBC.ca)





## How to Care for Yourself at Home

You may use cool compresses to reduce discomfort. Clean your eye with a warm washcloth.

- Conjunctivitis is contagious. **DO NOT** share your washcloth with anyone else, and do not use this cloth for washing/bathing.
- Wash your hands with soap and water, particularly after touching your eye. Use paper towels to dry.
- **DO NOT** touch or rub your eyes.
- Gently wipe away any discharge from your eyes with tissues and discard.
- Gently rinse your eyelids with warm water and mild soap or baby shampoo to remove any debris.
- Sunglasses may help if light bothers your eyes.
- **DO NOT** use eye makeup until the conjunctivitis has gone. Discard current eye makeup, replace with new makeup.

### Medication



- If **eye drop medications** have been prescribed by the doctor: pull down the lower lid of the eye needing the drops, drop 1-2 drops in the center of the lower lid. Blink to spread the medication.
- If **eye ointments** have been ordered by the doctor - pull down on the lower lid, look up and then apply a small thin line of medicine from the inner eye out. Blink slowly to spread the solution.
- Complete full course of treatment.
- **DO NOT** use over the counter medication (i.e. Polysporin®) unless advised to do so by your doctor/pharmacist.
- **DO NOT** touch the medication container to eye.
- If you wear contact lenses, stop wearing them until your eyes are completely healed.
- For bacterial conjunctivitis, you may return to school or work 24 - 48 hours after starting the medication and your symptoms are improving, unless your doctor tells you differently.

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Find this information sheet on the ECBC website:  
[https://emergencycarebc.ca/clinical\\_resource/patient-information-sheet/conjunctivitis/](https://emergencycarebc.ca/clinical_resource/patient-information-sheet/conjunctivitis/)

### Additional Information

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