

## Remember...

- always wash your hands before and after touching your eye/s
- always finish the course of treatment if you have been prescribed medication, even if your symptoms have improved
- always have regular eye checks with your Optometrist
- if you splash anything into your eye always rinse with plenty of tap water and seek medical advice
- never use anyone else's medication (this includes eye-drops)

# Children with Conjunctivitis



## Department opening times:

Mon-Sat 8am-6pm, Sunday 8:30am-2pm  
and bank holidays 8:30am-6pm


## The Eye Unit

Information and advice for parents and carers about their child's Conjunctivitis




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## What is Conjunctivitis?

Conjunctivitis is an inflammation of the conjunctiva or clear film, which covers the eyeball. It is caused by either bacteria, a virus or an allergy.

## What are the symptoms?

- One or both eyes may be red and/or watering
- Lids may be swollen and a discharge may be present
- Your child may complain of a gritty feeling, or of having something in their eye
- Itching and sensitivity to light
- Difficulty opening eyes in the morning
- Eyelids may get stuck together
- Your child may get fretful or bad tempered

## What is the treatment?

Eye drops or ointment may be prescribed. It usually takes from a few days to two weeks for most types of conjunctivitis to clear.

- Always wash your hands before and after putting eye drops or ointment in
- Always use a clean tissue for each eye. Never re-use tissues
- Clean the eye(s), if a discharge is present using boiled, cooled water and gauze
- Eye drops - Usually taken two-hourly for two days, then four times a day for three to five days
- Ointment - May be prescribed twice a day for five to seven days

**Always follow the instructions provided with your treatment.**

## Pain relief

Please consult your chemist about appropriate pain relief for your child. Reassure your child that they will soon be better and that the eye drops will help.

## Important guidelines

- If a discharge is present children should not attend school or other social events such as swimming or parties
- Help to prevent spreading the condition to other members of the family by keeping towels and flannels separate
- Change pillowcases daily if a discharge is present
- Encourage children to play with toys that are easily washable until the eye is better. Do not cover the eye(s) as this may encourage further bacterial growth and may also scratch the surface of the eye(s)
- Finish the course of treatment, even if the symptoms have gone and keep medicines out of children's reach

## Concerns

If your child complains of any of the following problems, please contact your GP or the emergency helpline:

- Changes in vision
- Severe eye pain
- Pain during eye movement
- Fever
- Light sensitivity
- No improvement after 48-72 hours of using the medication

For further information and advice please contact:

**Emergency Helpline: 0300 019 4181**

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