**Conjunctivitis/Pink Eye**

Pink eye, or conjunctivitis, is an inflammation of the tissue that lines the surface of the eye and the inside of the eyelids. Viruses, bacteria, allergies, or other irritants can cause this condition. Symptoms include red, irritated eyelids and surface of the eyes, tearing and a gritty feeling in the eye. A discharge that causes the eyelids and lashes to stick together during sleep is also very common. Pink eye usually clears up by itself within one week.

**Home care:**

- Apply warm compresses several times/day for comfort
- Refrain from wearing contact lenses or eye makeup until infection has completely cleared

**Seek medical care if:**

- Experiencing eye pain
- Discharge from eyes
- Symptoms that don’t improve over several days

**Prevention**

- Avoid direct contact with others infected with pink eye
- Wash hands frequently
- Avoid sharing towels or clothes without first washing them