



One minute guide to...

CONJUNCTIVITIS

What is it?

Conjunctivitis is an inflammation of the outer lining of the eye and eyelid causing an itchy red eye with a sticky or watery discharge. It can be caused by bacteria or viruses or due to an allergy.

Conjunctivitis can be caused by a bacteria or a virus and is treated with eye drops. Spread is by direct or indirect contact with discharge from the eyes. Prompt treatment and good hand washing helps to prevent spread especially after contact with infectious discharge.

What to do if you have children in your setting with conjunctivitis?

Advise parents to speak to a pharmacist or contact a GP

Encourage children not to rub their eyes and to wash their hand frequently with warm soapy water (supervise and support younger children to wash their hands).

Give children their own towels, face cloths and pillowcases at home and wash these in hot water and detergent after use.

Remind children to cover their mouth and nose when sneezing and put used tissues in the bin.

For further information about treatments, signs and symptoms follow this link

<https://www.nhs.uk/conditions/conjunctivitis>

Further information:

For any queries about conjunctivitis in your setting please advise parents to speak to a pharmacist who can advise about eyedrops or antihistamines. If children are under 2 the parents will need to contact their GP in the first instance for a prescription.

This Guide has been produced by Education Infection Prevention and Control Public Health & Communities Team in Cumbria. February 24



Working for Cumberland Council and Westmorland & Furness Council