

# Infective conjunctivitis (adults and children)

You have been diagnosed with infective conjunctivitis in the Emergency Department. This leaflet gives advice on how to care for your eye at home.

## What is conjunctivitis?

Conjunctivitis means inflammation of the conjunctiva. The conjunctiva is the thin covering (like a very thin skin) that covers the white part of the eyes and the inside of the eyelids.

## What causes conjunctivitis?

- **Infection** is the most common cause.
- **Allergy** is another common cause. For example, many people with hay fever (an allergy to pollen) have red and inflamed conjunctiva.
- **Irritant** conjunctivitis sometimes occurs. For example, your conjunctiva may become inflamed after getting some shampoo in your eyes. The chlorine in swimming baths is a common cause of mild irritant conjunctivitis.

## Types of infective conjunctivitis

Most cases of infective conjunctivitis are caused by common bacteria and viruses – often the same ones that cause coughs and colds. This is called ‘common infective conjunctivitis’. Conjunctivitis commonly develops when you have a cold or cough. Sometimes, it occurs alone. In the vast majority of cases, infective conjunctivitis is not serious and clears within a week or so without leaving any permanent damage to the eye. Rarely, infective conjunctivitis is more serious, but the doctor or emergency nurse practitioner will have examined you for this.

## What are the symptoms of common infective conjunctivitis?

- One eye may be infected, but it usually spreads to both eyes. The whites of the eyes look inflamed, and red or pink.
- The eyes may feel gritty and may water more than usual.
- Some mild soreness may develop, but it is not usually very painful.
- The eyelids may become swollen, and are often stuck together with gluey material (discharge) after sleeping.
- Vision is not normally affected. You may get some blurring of vision due to discharge at the front of the eye. However, this clears with blinking.

## What is the treatment for common infective conjunctivitis?

- **Not treating** is a common option for mild or moderate infections. The tears contain chemicals that fight off bacteria. Without treatment, most cases of infective conjunctivitis clear on their own within 1-2 weeks, and often within 2-5 days. If symptoms get worse then see a doctor to check your eye and to see if you need treatment.
- **Bathing the eyes** with cool clean water may be soothing.

- **Lubricant eye drops** may reduce eye discomfort. These are available over the counter, as well as on prescription.
- **An antibiotic eye drop or ointment** may be prescribed in some cases. This tends to be for more severe cases, or for those that do not clear on their own. (Tell your doctor if you are pregnant as some eye drops may not be suitable.)

### Other general advice

- Do not wear contact lenses until symptoms have completely gone, and for 24 hours after the last dose of any eye drops or ointment.
- You can clean secretions from eyelids and lashes with cotton wool soaked in water.
- Infective conjunctivitis is contagious. The likelihood of passing it on is not high unless you are in close contact with others. However, until the infection has gone, to help to prevent passing it on:
  - Wash your hands regularly, particularly after touching your eyes.
  - Do not share towels, pillows or utensils.

### What should I look out for?

- **Serious infections.** Most conjunctival infections are not serious, do not harm the eye, and clear in a few days. However, some infections such as herpes or chlamydia persist for longer than usual, are more serious, and need special treatment. These may start as common conjunctivitis but become worse.
- **Other eye problems.** Sometimes, it is difficult for a doctor to tell the difference between infective and allergic conjunctivitis. They can appear very similar. This is often a problem in the hay fever season when red, watery eyes are common. Also, some other eye conditions can cause a red eye and may be mistaken at first for conjunctivitis.

Therefore, see a doctor if symptoms change, or do not settle within a few days, or if you are concerned that you have anything other than a common conjunctivitis. In particular, see a doctor urgently if:

- You develop marked eye pain.
- Light starts to hurt your eyes (photophobia).
- Spots or blisters develop on the skin next to the eye.
- Your vision becomes affected.

### Does a child with conjunctivitis need to stay off school?

Guidance from the Health Protection Agency (HPA) states that it is not necessary to exclude a child from school or from childcare if they have infective conjunctivitis unless there is an outbreak of several cases. If an outbreak occurs, advice should be sought from the HPA or other health professionals by the school or childcare centre.

### Tell us your views

If you wish to discuss any aspect of your treatment and care, please speak to a senior member of staff or the nurse looking after you. The matrons are also available during normal working hours and they welcome your views.

You can also pick up a copy of the Trust leaflet called 'Talk to us', which explains how you can raise concerns or give feedback on your experience at the hospital.

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Emergency Department.

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