



ADVISORY AGAINST THE SPREAD OF CONJUNCTIVITIS FOR STUDENTS, PARENTS & TEACHERS

As we all know that cases of Conjunctivitis are on rise at an alarming rate due to rainy season, humid conditions and waterlogging. Conjunctivitis is also known as Eye Flu or pink eye, which can cause red and itchy eyes with sticky discharge. Eye Flu is common in monsoon due to high humidity and presence of pathogens.

HOW DO WE PREVENT IT

DO'S

- Children and adults should wash their hands well and often with warm water and soap.
- Use clean tissues and towels to wipe your face and eyes.
- Be sure to wash your own hands well after touching an infected eye, and throw away items like gauze or cotton balls after they have been used.
- Wash towels and other linens that have been used, in hot water separately from the rest of the family's laundry to avoid contamination.
- If you are informed of any affected person, keep windows and doors closed on days when the pollen is heavy, and dust and vacuum often to limit allergy triggers.
- Irritant conjunctivitis can only be prevented by avoiding the irritating causes.
- Practicing good hygiene is one of the best ways to avoid and stop the transmission of conjunctivitis.
- Wash pillowcases and all your sheets frequently.
- Take zinc supplements.
- Apply cold compresses to your eyes.
- Flush your eyes out regularly with clean water.
- Get lots of sleep. Hydrate well to help speed your recovery and follow your eye doctor's instructions on proper contact lens care.

DON'T'S

- Avoid touching your eyes with unwashed hands whenever possible.
- Do not share eye drops, tissues, eye makeup, washcloths, towels, or pillowcases.
- Try not to share cosmetics, especially eyeliner or mascara, with others.
- Don't touch your eyes with your hands.
- Change your towel and washcloth daily, and do not share them with others.
- Do not share any personal eye-care items.

Regards
BBPS Manesar