

# CONJUNCTIVITIS

## What is Conjunctivitis?

This is an inflammation of the outer surface of the eyeball, the conjunctiva.

## What are the causes?

It commonly results from an infection or allergy.

Infective conjunctivitis may be due to a virus or bacteria and is often associated with colds and sore throats.

Allergic conjunctivitis is most commonly seen in the spring or summer and associated with hay fever.

## What treatment will I need?

This will depend on the type of conjunctivitis you have:

- **Bacterial Conjunctivitis** This responds very quickly to antibiotic drops and should resolve in four or five days.
- **Viral Conjunctivitis** Unfortunately, there are no anti-viral drops or ointment to cure viral infections. The infection will usually resolve on its own, but it may take two to three weeks. Antibiotic drops are often given to protect the eye from other bacterial infections.
- **Allergic Conjunctivitis** This may respond readily to anti-allergy drops but may require more long-term specific treatment.

## Can Conjunctivitis spread to other people?

Yes, but only if they come directly into contact with either the tears, or discharge from your eyes.

Therefore, you should not let anyone use your flannel or towel, and try to use paper tissues and dispose of these carefully.

If you wear make-up you should not share it with anyone else.

Remember always wash your hands after touching your face or putting eye drops in.

**If you would like any further advice, please contact the Ophthalmic Emergency**

**Referral Service (Eye Casualty) on: 01603 288632**

<b>Hours of Service:</b>	<b>Monday – Friday</b>	<b>08:30 – 17:30</b>
	<b>Saturday</b>	<b>09:00 – 12:30</b>

**If you have an Ophthalmic Emergency outside of these hours please ring 01603 286286 and ask for the on-call Ophthalmologist (Eye Doctor)**

**Additional Information:**

This information leaflet is one of a series produced for patients and is aimed at answering questions on the care of common eye conditions.

