

## Parent and Guardian Notification and Information on Conjunctivitis (Pink-Eye)

Dear Parent/Guardian,

We are seeing an increased number of students with conjunctivitis or “pink eye” at school. Pink eye is an inflammation of the inside of the eyelid (conjunctiva) and the white part of the eyeball. This inflammation makes blood vessels more visible and gives the eye a pink or reddish color.

Please watch your child for the following symptoms. If your child has the symptoms below, you should call your child’s healthcare provider for guidance.

- Redness or swelling of the white of the eye or inside the eyelids
- An increased amount of tears
- Eye discharge which may be clear, yellow, white, or green
- Itchy, irritated, and/or burning eyes
- Gritty feeling in the eye
- Crusting of the eyelids or lashes
- Contact lenses that feel uncomfortable and/or do not stay in place on the eye

There are four main causes of pink eye. Sometimes it is hard to know the exact cause of pink eye because some signs and symptoms may be the same no matter the cause.

- Viruses (like the common cold).
- Bacteria
- Allergens (from pollen, pets, or dust mites)
- Irritants (like swimming pool chlorine)

Treatment depends on the reason for conjunctivitis (bacterial, viral or allergic). It is important to talk with your child’s healthcare provider (doctor, physician’s assistant, or nurse) so they can tell you if your child may need medicine or stay home from school.

Pink eye is spread from person to person in different ways. It is usually spread through:

- Contact from touching or shaking hands
- The air by coughing and sneezing
- Touching an object or surface with germs on it, then rubbing your eyes before washing your hands

Washing your hands, covering your mouth when you cough or sneeze, and not sharing food and drinks with others can help control the spread of pink eye.

**Antibiotics do not help pink eye unless it is caused by bacteria. Whether or not your child needs medicine for pink eye is up to your doctor. Information from the CDC about [Pink Eye](#) is attached.**

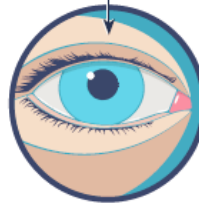
# HELP PROTECT YOURSELF FROM GETTING & SPREADING **PINK EYE** (CONJUNCTIVITIS)

**PINK EYE IS OFTEN HIGHLY CONTAGIOUS.**

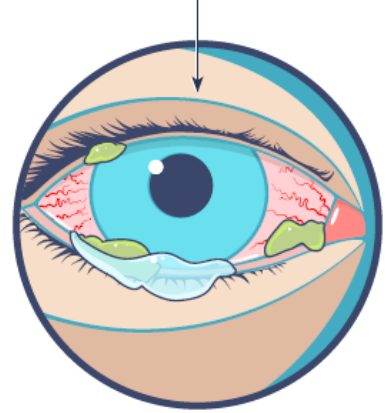
IT CAN BE CAUSED BY

- 👁️ Viruses (very contagious)
- 👁️ Bacteria (very contagious)
- 👁️ Allergens, like pollen (not contagious)
- 👁️ Irritants, like smoke or dust (not contagious)

Healthy Eye



Infected Eye



**SYMPTOMS USUALLY**

**INCLUDE:**

- 👁️ Redness or swelling
- 👁️ Watery eyes
- 👁️ A gritty feel
- 👁️ Itchiness, irritation, or burning
- 👁️ Discharge
- 👁️ Crusting of the eyelids or eyelashes

- 👁️ Eye pain
- 👁️ Sensitivity to light or blurred vision
- 👁️ Intense eye redness
- 👁️ Symptoms that get worse or don't improve
- 👁️ A weakened immune system, for example from HIV or cancer treatment
- 👁️ Pre-existing eye conditions

A doctor can usually diagnose the cause of pink eye based on symptoms and patient history.

**SEE A DOCTOR** IF YOU  
HAVE PINK EYE ALONG  
WITH ANY OF THE  
FOLLOWING:

- 👶 Newborns with symptoms of pink eye should see a doctor right away.



**PROTECT YOURSELF AND OTHERS FROM PINK EYE**

- 👁️ Wash your hands often with soap and water, and help young children do the same. Wash hands especially well after touching someone with pink eye or their personal items.
- 👁️ Avoid touching or rubbing your eyes. This can worsen the condition or spread it to your other eye.
- 👁️ Avoid sharing personal items, such as makeup, eye drops, towels, bedding, contact lenses and containers, and eyeglasses.
- 👁️ Do not use the same eye products for your infected and non-infected eyes.
- 👁️ Stop wearing contact lenses until your eye doctor says it's okay.
- 👁️ Clean, store, and replace your contact lenses as instructed by your eye doctor.

[WWW.CDC.GOV/PINKEYE](http://WWW.CDC.GOV/PINKEYE)

