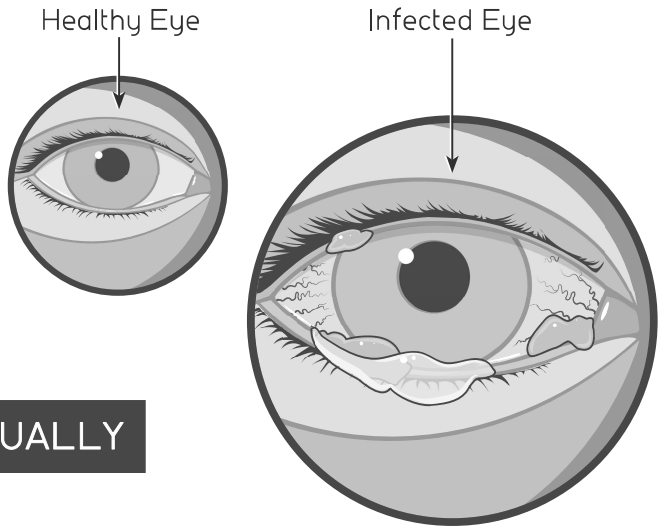
HELP PROTECT YOURSELF FROM GETTING & SPREADING PINK EYE (CONJUNCTIVITIS)



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)



SYMPTOMS USUALLY INCLUDE:

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

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

- 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

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

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



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

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