



# Conjunctivitis (Pink Eye)

SCHOOL HEALTH  
GUIDELINE



# Conjunctivitis (Pink Eye)

## OBJECTIVE

To establish clear procedures for the identification, prevention, and management of conjunctivitis cases within the school environment, ensuring the health and safety of all students and staff.

## 1. DEFINITION

Conjunctivitis is an inflammation of the conjunctiva, the transparent membrane that covers the white part of the eyes and the inner eyelids. It may be caused by viruses, bacteria, allergies, or chemical irritants. Viral and bacterial forms are highly contagious in school settings.

## 2. SIGNS AND SYMPTOMS

- Staff should remain alert to the following indicators:
- Red or irritated eyes
- Eye discharge (watery in viral cases; yellow/green in bacterial cases)
- Swelling of the eyelids
- Gritty or “sand-like” sensation in the eyes
- Itching and tearing
- Sensitivity to light

### 3. TRANSMISSION

- Viral and bacterial conjunctivitis spreads by direct contact with eye secretions, contaminated surfaces, or shared personal items (e.g., towels, pillows, tissues).
- Allergic conjunctivitis is not contagious.

### 4. PREVENTIVE MEASURES AT SCHOOL

- Reinforce frequent handwashing with soap and water or alcohol gel.
- Discourage students from touching or rubbing their eyes.
- Prohibit sharing of personal objects.
- Ensure cleaning and disinfection of common-use surfaces and materials.
- Maintain proper classroom ventilation.
- Provide regular guidance to staff, students, and families on signs and prevention.

### 5. PROCEDURE FOR SUSPECTED CASES

- Immediately notify the Health Unit and the student's guardians.
- Recommend medical evaluation for diagnosis confirmation.
- Require the student to remain at home until cleared by a doctor (usually 3–7 days, depending on the cause).
- In case of multiple cases (outbreaks), intensify hygiene protocols and, if needed, notify public health authorities.

## 6. TREATMENT

- Treatment is determined by the physician according to the cause (viral, bacterial, or allergic).
- The school will not administer medication without medical authorization.

## 7. RETURN TO SCHOOL

- Students may return to school only with a medical certificate confirming that they are no longer contagious.



## REFERENCES

- Sociedade Brasileira de Pediatria. *Guia Prático de Condutas: Conjuntivite*. [[www.sbp.com.br](http://www.sbp.com.br)]
- Ministério da Saúde. *Protocolo de Vigilância Epidemiológica: Conjuntivites Infeciosas*. [[www.gov.br/saude](http://www.gov.br/saude)]
- Biblioteca Virtual em Saúde. *Conjuntivite*. [<https://bvsms.saude.gov.br/conjuntivite/>]