



LOOK OUT

If you think your child has infective conjunctivitis
(sometimes known as 'pink eye')

Infective conjunctivitis typically involves red or pink eyes that may be sticky or watery and can cause irritation, although the condition is usually pain free. Most cases clear up in a few days without any treatment.

You **DON'T** need to:

- See a GP or practice nurse
- Use antibiotics
- Keep them away from school (unless they are feeling particularly unwell)

You **DO** need to:

- Bathe any sticky or crusty coating on eyelids or eyelashes with water and cotton wool
- Keep their eyes uncovered
- Discourage them from touching their eyes
- Encourage them to wash their hands with soap and warm water regularly throughout the day
- Make sure they use their own towels and pillows
- Buy lubricant eye drops over the counter from a pharmacist in severe cases