

# Advisory: Conjunctivitis

## Conjunctivitis cases on rise, Precautions to take for children

In recent times, a concerning surge in conjunctivitis cases is being reported throughout the country. Known colloquially as 'Eye Flu' or 'Pink Eye', conjunctivitis is an infection or allergy-induced inflammation of the conjunctiva, the thin, transparent layer covering the white portion of the eye. It manifests in symptoms such as redness, itching, and a sticky discharge from the eyes. From the standpoint of our educational institutions and children, this presents a significant cause for concern. Schools, being the common spaces of interaction and learning for children, can quickly become epicenters for the spread of such an infectious condition. The health and wellbeing of our young learners are paramount, and the potential risk of a conjunctivitis outbreak poses a formidable challenge to their overall well-being.

### Understanding Conjunctivitis

Conjunctivitis, often called "pink eye," is a common eye condition that can make your eyes red and swollen. It happens when the thin, transparent layer covering the front of your eyes called the conjunctiva, becomes irritated or infected. Even though it can feel a bit unpleasant, it usually doesn't cause serious problems and often gets better on its own.

<b>Causes:</b>	<b>Symptoms:</b>	<b>Transmission:</b>
<p>There are several reasons why a child might get conjunctivitis.</p> <p><b>Viruses:</b> Just like a cold, viruses can also infect eyes. This is the most common cause of conjunctivitis.</p> <p><b>Bacteria:</b> These tiny germs can sometimes find their way to the eyes and cause an infection.</p> <p><b>Allergies:</b> If your child is allergic to something, like pollen from flowers, the body can react by giving your child a pink eye.</p> <p><b>Irritants:</b> Things like smoke, pool chlorine, or even a loose eyelash can irritate eyes and cause conjunctivitis.</p>	<p>If your child has conjunctivitis, you might notice:</p> <p><b>Redness:</b> Eyes might look pink or red, like they have been crying a lot.</p> <p><b>Itching or burning:</b> Eyes might feel scratchy or like they're burning.</p> <p><b>Discharge:</b> Your child might have a watery eye, or wake up with crusty eyelashes because of a gooey liquid coming from their eye.</p> <p><b>Tearing:</b> Eyes might produce more tears than usual.</p>	<p>Conjunctivitis can spread easily, especially the types caused by viruses and bacteria. It can pass from person to person in the same way a cold or flu does:</p> <p><b>Touch:</b> If someone with pink eyes rubs their eyes and then touches something (like a toy or a doorknob), the virus or bacteria can be left on that object. If you touch the same object and then touch your eyes, you might also get pink eye.</p> <p><b>Direct contact:</b> If someone with pink eye touches their eyes and then touches you, they could spread the infection to you.</p> <p><b>Coughing and sneezing:</b> Just like with a cold, the tiny droplets from a sneeze or cough can carry the virus or bacteria that cause pink eye.</p>

## **The Rising Cases**

As India grapples with severe rainfall, an alarming rise in conjunctivitis cases, particularly among children, has been observed across several states, including Delhi, Gujarat, and Northeastern states. What to do to prevent conjunctivitis in your children?

**Ensure Clean Hands:** Always make sure that your children wash their hands thoroughly with soap and water, especially before and after they touch their eyes.

**Discourage Eye Touching:** Teach them to avoid touching or rubbing their eyes, as this can spread germs.

**Encourage Personal Item Usage:** Ensure that they never share personal items such as towels, handkerchiefs, or cosmetics, as these can spread the infection.

**Change Their Pillowcase Often:** Regularly changing their pillowcase can prevent germs from sticking around.

**Limit Contact with Sick Friends:** If any of their friends have pink eyes, it's best for them to keep a safe distance until their friends are better. Pink eyes can spread easily.

**Avoid Eyewear Sharing:** Glasses and sunglasses should be individual. Encourage your children not to share them, as this can spread germs.

**Be Careful Around Pools:** If possible, discourage your children from swimming in a public pool if there's a pink eye outbreak. Pool water can spread the infection.

**Maintain Clean Surroundings:** Ensure their surroundings, especially their rooms, are kept clean and free of dust.

**Promote a Healthy Lifestyle:** Encourage them to eat lots of fruits and vegetables. These can help their bodies fight off infections.

Remember, the best way to avoid pink eye in your children is by teaching them good hygiene practices and ensuring they're careful around people who are sick. If you suspect that your child might have pink eyes, take them to the doctor right away.

## **What to do if your child has pink eyes?**

Conjunctivitis, or pink eye, is an inflammation or infection of the transparent membrane that lines your eyelid and covers the white part of your eyeball. In children, the duration of pink eye can vary depending on the cause.

If it's a bacterial infection, it generally lasts between 24 to 36 hours after starting antibiotic treatment before it's no longer contagious.

For viral conjunctivitis, it's typically contagious for several days to a week, but can be longer. Allergic conjunctivitis should improve once the allergen is removed or after treatment with allergy medication. In all cases, it's important to consult with a healthcare professional for accurate information.

## **Frequently Asked Questions**

### **Q: What causes pink eyes?**

Pink eye, or conjunctivitis, can be caused by various factors including viruses, bacteria, allergens, and irritants such as smoke or dust.

### **Q: How long does pink eye last?**

The duration of pink eye depends on the cause. Bacterial conjunctivitis usually lasts a few days to a week, while viral conjunctivitis can last anywhere from a week to two weeks. Allergic conjunctivitis will persist as long as the person is exposed to the allergen.

### **Q: How is pink eye spread?**

Pink eye can be spread through direct contact with the eye secretions of an infected person, or indirect contact with contaminated objects or surfaces.

### **Q: Can my child go to school with pink eyes?**

Your child should stay home until the contagious phase has passed, usually 24 hours after starting treatment for bacterial conjunctivitis. For viral conjunctivitis, your doctor can advise on when it's safe to return.

### **Q: Should I go to work if my child has pink eye?**

It's generally safe for you to go to work if your child has pink eyes, provided you practice good hygiene. This includes washing your hands thoroughly and frequently, especially after caring for your child. However, be considerate of others and maintain good hygiene practices at work as well. If you start to exhibit symptoms of pink eye, you should stay home and seek medical advice to prevent spreading the infection to your coworkers.

### **Q: What treatments are available for pink eye?**

Treatment depends on the cause. Bacterial conjunctivitis is typically treated with antibiotic eye drops or ointments. Viral conjunctivitis usually resolves on its own, though in severe cases antiviral medication might be necessary. Allergic conjunctivitis can be managed by avoiding the allergen and using anti-allergy medications.

### **Q: Can pink eyes be prevented?**

Yes, practicing good hygiene is the best way to prevent pink eye. This includes washing hands regularly, avoiding touching your eyes, not sharing personal items like towels and cosmetics, and cleaning surfaces like doorknobs and countertops frequently.

### **Q: Can pink eyes lead to more serious complications?**

While pink eye is usually a minor infection, in rare cases, it can lead to more serious complications such as keratitis or corneal ulcers. If the pink eye does not improve within a week, or if symptoms get worse, consult a healthcare provider immediately.

Conjunctivitis, commonly known as "pink eye," is typically a minor condition that resolves itself with proper care. However, its highly contagious nature necessitates vigilance.

As parents, maintaining cleanliness, teaching children about personal hygiene, and seeking prompt medical attention when symptoms arise can prevent the spread of conjunctivitis.

Don't hesitate to contact a healthcare professional if you have any concerns or queries. Remember, your child's health and well-being is paramount, and a swift response to illness can make all the difference.