

Conjunctivitis



Conjunctivitis is an eye condition caused by an infection or an allergy. There are three main types of conjunctivitis.

1. Viral conjunctivitis
2. Bacterial conjunctivitis.
3. Allergic conjunctivitis

Symptoms include:

- Redness, itching, a gritty feeling in the eyes,
- Discharge that forms a crust during the night
- Tearing.

Red flag symptoms

- Eye pain
- Sensitivity to light
- Changes in vision
- Intense redness
- Signs of other infection such as body ache, fever.
- Damage to the eye

Self-care advice

- Antibiotic eye drops/ointments
- Antihistamine eye drops
- Avoid allergens/triggers
- Wash eyelids with clean cool boiled water
- Do not wear contact lenses
- Good hygiene, including washing hands and avoid touching the eyes.
- Not sharing items such as cosmetics, towels, and pillows
- Cold compresses to sooth eyes

Onward referrals

- Existing health conditions i.e. weakened immune system.
- Failure to improve with treatment.
- Babies less than 30 days old

Signposting

- Locally commissioned services such as Minor Ailments Services
- Emergency eye clinics
- Opticians
- Pharmacy First Scotland – Antibiotic eye drops and ointments/ antihistamine eye drops
- Common Ailment Service Wales – Antibiotic eye drops

The information provided is correct at the time of publication, any information provided should be under the supervision of the Responsible Pharmacist. We hold no responsibility for any decisions made using this information.

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