



Pink Eye (Conjunctivitis)

Your child may have been exposed to this disease

If your child has symptoms, please contact your child's healthcare provider.

If my child has this disease, when can he or she return to school or child care?

Children with Pink Eye may return to school or child care **once they have started medication, except if it is not possible to avoid close contact with other children. In that situation talk to your child's doctor about when your child can return to school or child care.**

Pink eye is an infection or irritation of the eye(s). It is most often caused by bacteria, and viruses, and can spread from person to person. people with severe chronic conditions, the elderly, and people with immune system problems that make it hard to fight the infection.

Symptoms are:

- Pink or red color in the whites of the eye(s)
- Watery eyes
- Itchy or scratchy eyes
- Fluid discharge from the eye(s)
- Crusting of the eyelids or eyelashes

Symptoms usually start within 24 to 72 hours of being exposed to the bacteria, and can last anywhere between 2 days to 3 weeks.

Pink eye can be a very serious illness for very young children (especially children under 5 years old),

How is Pink Eye spread?

- Close contact with fluid from the eyes or nose of a sick person
- Touching objects that have been contaminated with fluid from the eyes or nose of a sick person.

Sometimes these eye symptoms can also be caused by pollen, chemicals, contact lenses, dust, smoke, fungi, or other items getting into the eye, but this cannot be spread from person to person.

What can I do now?

Watch your child for symptoms of this disease and call your child's doctor or health care provider if your child becomes sick. Most cases of pink eye are mild and get better on their own, even without treatment. However, if your child is having eye pain, blurry vision, sensitivity to light, or intense redness, or if your child has a weak immune system call your child's doctor or health care provider.

If your child gets sick, prevent others from getting ill by:

- Wash your hands
- Do not touch or rub infected eyes
- Do not share makeup, contact lenses and containers, eyeglasses, pillows, washcloths, or towels.

For more information, contact your health care provider, your School Nurse 619-258-2231, the San Diego County Health Department at (858) 694-3900, or visit: www.cdc.gov/conjunctivitis/