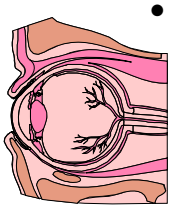
Allergic Conjunctivitis

What are they?

- **Conjunctivitis**- the delicate membrane that covers the inner eyelid and the external surface of the eye

  - **Usually**- part of a seasonal allergy rhinitis or part of a larger allergy syndrome
  - **Airborne**- animal dander, dust, fungal spores, pollens with the whites of the eyes red and swollen, itchy, watery, eyelids red and swollen
  - **Cosmetics**- face powder, eye shadow, mascara, eye liner or any chemical covering the eye as eye creams (contact dermatitis)
- **Pinkeye**- the white of the eye turns pink or red, itchy sensation when you blink
  - **inflammation of the conjunctiva-** the thin membrane that lines the eyelid, also covers much of the eyeball, is highly contagious
  - **Pinkeye**- often caused by a bacterial or viral infection

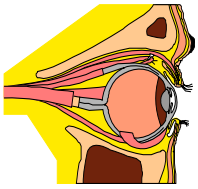
What is the Treatment?



- **Oral Antihistamines**- are the main treatment; eye drops which reduce the redness; sometimes can make it worse so oral is best
  - **Cromolyn**- eye drops, taken if plan contact with an allergen
  - **Corticosteroids**- used in severe cases, may cause glaucoma

What can I do?

- **See a Ophthalmologist**- to check the eye pressure as directed
  - **Eyewashes**- artificial tears to reduce irritation
- **Contact Lens**- avoid during episodes of conjunctivitis
- **Allergen Immunotherapy**- as a last resort
- **Hand Washing**- do often, wash hands with soap and water for 20 seconds, clean door knobs, faucet handles, toilet handles with wipes; don't reuse towels, bathcloths, handkerchiefs



- **Cosmetics**- do not share with another person
- **AVOID**- Smoking, second hand smoke
- **COLD COMPRESSES**- to the inflamed eye to soothe
- **See a Health Care Provider**- immediately if a newborn, can threaten the child's vision

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