



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