



FACT SHEET: Conjunctivitis (Pink-Eye)

Conjunctivitis or “pink eye” is an inflammation of the inside of the eyelid (conjunctiva) and the white part of the eye. This inflammation makes blood vessels more visible and gives the eye a pink or reddish color. The eye can be itchy or sore and a discharge may be present with crusting of the eyelids or lashes.

Sometimes it is hard to know the exact cause of pink eye because signs and symptoms can be the same, but there are four main causes:

- Viruses
- Bacteria
- Allergies
- Irritants (like swimming pool chlorine)

Treatment would depend on the cause of the infection.

Conjunctivitis is spread by:

- Contact from touching a surface with germs on it, or shaking hands, then rubbing your eyes before washing your hands
- Infected person coughing or sneezing

Please monitor your child for the following symptoms:

Redness or swelling of the white of the eye or inside the eyelids	Itchy, irritated, and/or burning eyes	Fever
An increased amount of tears	Gritty feeling in the eye	Eye Pain
Eye discharge which may be clear, yellow, white, or green	Crusting of the eyelids or lashes	Contact lens that feel uncomfortable, (should remove)

If your child develops any symptoms please keep them home and call your healthcare provider.

Prevention:

- Wash hands often with soap and water for at least 20 seconds or use an alcohol-based hand sanitizer
- Avoid people who are infected

Individuals at High Risk: Always consult with your healthcare provider with any questions or concerns. Although complications are generally rare some factors increase someone’s risk. Newborns and anyone with an underlying condition should contact their provider.

Return to school: A letter of clearance will be needed to return to school and your child must feel well with minimal symptoms, have no fever or eye pain, can practice proper hand hygiene. This condition must be documented if your child has a history of allergic conjunctivitis.

Any questions please email/call your school nurse, (found on your home school website).

For more information: [Signs and Symptoms of Pink Eye \(Conjunctivitis\) | CDC](#)