

Hospital Authority Health Guide

Conjunctivitis

(1) Home Care Tips for Conjunctivitis

- The patient should take medication as prescribed and rest at home after treatment. Normally the symptoms will improve in 2-3 days upon use of medicine.
- Eye medication once opened should be stored in a refrigerator to inhibit bacterial growth. Discard the eye drops one month after opening.
- Do not share towels with family members.

(2) Prevention of Conjunctivitis

- Wear protective goggles if your eyes would be exposed to dirty water or chlorinated pool water;
- Use sunglasses under intense sunlight (especially on the beach and while driving);
- Identify possible allergens and minimize exposure as far as possible ;
- Avoid eye rubbing;
- Avoid excessive drinking of alcohol;
- Do not smoke and avoid staying in a smoke filled room;
- Do not share eye care products such as goggles and eye drops;
- Give your eyes adequate rest and avoid bright light;
- Eye medication once opened should be stored in the fridge to inhibit bacterial growth. Discard it one month after opening.

(3) Use of Eye Drops and Ointments

- When using eye drops and eye ointments, apply eye drops first, followed by the ointment after 5 minutes;
- Follow the doctor's prescription and as directed;
- How to use eye drops and eye ointments :
 - wash your hands and clean your eyes;

- tilt your head back, pull down the lower lid of your eye;
- look upward and instill a drop into the eye; or squeeze out 5mm of the ointment onto the inside of the lower eyelid (do not allow the container to touch the eye);
- allow your eye to close gently for a few minutes, press gently against the inner corner of your eyelid right by your nose to block off the tear drainage system so that the medicine does not drain away from the eye;
- instill the second drop if prescribed ;
- for children: ask the child to close his eye gently, infuse the eye drop in the inner corner. When he opens his eye, the solution will flow in.

(4) Signs for Alert

- The patient should take medication as prescribed and rest at home after treatment. Seek medical attention promptly if the following happens:
 - swelling lasting for 2-3 days and does not subside;
 - severe eye pain and watery eyes with pus or discharge;
 - blurry vision;
 - sore eyes caused by bright light.

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