

## LINCOLN COUNTY SCHOOL DISTRICT#2

### Parent and Guardian Notification and Information on Conjunctivitis (Pink-Eye)

Dear Parent/Guardian,

We are seeing an increased number of students with conjunctivitis or “pink eye” in the county and school district)

Pink eye is an inflammation of the inside of the eyelid (conjunctiva) and the white part of the eyeball. This inflammation makes blood vessels more visible and gives the eye a pink or reddish color.

Please watch your child for the following symptoms. If your child has the symptoms below, you should call your child’s healthcare provider for guidance.

- Redness or swelling of the white of the eye or inside the eyelids
- An increased amount of tears
- Eye discharge which may be clear, yellow, white, or green
- Itchy, irritated, and/or burning eyes
- Gritty feeling in the eye
- Crusting of the eyelids or lashes
- Contact lenses that feel uncomfortable and/or do not stay in place on the eye

There are four main causes of pink eye. Sometimes it is hard to know the exact cause of pink eye because some signs and symptoms may be the same no matter the cause.

- Viruses (like the common cold).
- Bacteria
- Allergens (from pollen, pets, or dust mites)
- Irritants (like swimming pool chlorine)

Treatment depends on the reason for conjunctivitis (bacterial, viral or allergic). It is important to talk with your child’s healthcare provider (doctor, physician’s assistant, or nurse) so they can tell you if your child may need medicine or stay home from school.

Pink eye is spread from person to person in different ways. It is usually spread through:

- Contact from touching or shaking hands
- The air by coughing and sneezing
- Touching an object or surface with germs on it, then rubbing your eyes before washing your hands

Washing your hands, covering your mouth when you cough or sneeze, and not sharing food and drinks with others can help control the spread of pink eye.

**Antibiotics do not help pink eye unless it is caused by bacteria. Whether or not your child needs medicine for pink eye is up to your doctor. Information from the CDC about [Pink Eye](#) is attached.**

Please call the school’s Health Office if you have any questions or concerns.

<b>School Nurse:</b>		<b>School:</b>
<b>Phone:</b>	<b>Email:</b>	<b>Fax:</b>

# HELP PROTECT YOURSELF FROM GETTING & SPREADING **PINK EYE** (CONJUNCTIVITIS)

**PINK EYE IS OFTEN HIGHLY CONTAGIOUS.**

IT CAN BE CAUSED BY

- 👁️ Viruses (very contagious)
- 👁️ Bacteria (very contagious)
- 👁️ Allergens, like pollen (not contagious)
- 👁️ Irritants, like smoke or dust (not contagious)



**SEE A DOCTOR** IF YOU  
HAVE PINK EYE ALONG  
WITH ANY OF THE  
FOLLOWING:

**SYMPTOMS USUALLY**

**INCLUDE:**

- 👁️ Redness or swelling
- 👁️ Watery eyes
- 👁️ A gritty feel
- 👁️ Itchiness, irritation, or burning
- 👁️ Discharge
- 👁️ Crusting of the eyelids or eyelashes

- 👁️ Eye pain
- 👁️ Sensitivity to light or blurred vision
- 👁️ Intense eye redness
- 👁️ Symptoms that get worse or don't improve
- 👁️ A weakened immune system, for example from HIV or cancer treatment
- 👁️ Pre-existing eye conditions



Newborns with symptoms of pink eye should see a doctor right away.

A doctor can usually diagnose the cause of pink eye based on symptoms and patient history.



**PROTECT YOURSELF AND OTHERS FROM PINK EYE**

- 👁️ Wash your hands often with soap and water, and help young children do the same. Wash hands especially well after touching someone with pink eye or their personal items.
- 👁️ Avoid touching or rubbing your eyes. This can worsen the condition or spread it to your other eye.
- 👁️ Avoid sharing personal items, such as makeup, eye drops, towels, bedding, contact lenses and containers, and eyeglasses.
- 👁️ Do not use the same eye products for your infected and non-infected eyes.
- 👁️ Stop wearing contact lenses until your eye doctor says it's okay.
- 👁️ Clean, store, and replace your contact lenses as instructed by your eye doctor.

[WWW.CDC.GOV/PINKEYE](http://WWW.CDC.GOV/PINKEYE)



PROTÉGETE PARA  
NO CONTRAER LA

# CONJUNTIVITIS

Y EVITA TRANSMITIRLA

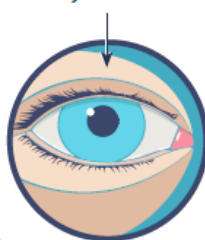
A MENUDO LA CONJUNTIVITIS

ES MUY CONTAGIOSA

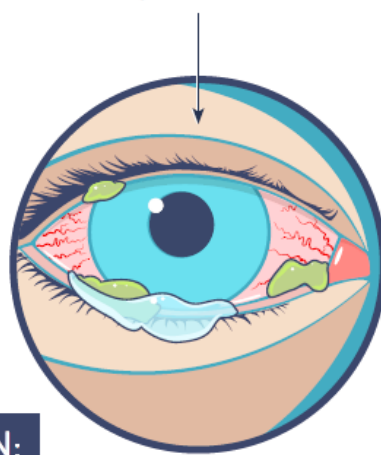
PUEDE SER CAUSADA POR:

- 👁️ Virus (muy contagiosos)
- 👁️ Bacterias (muy contagiosas)
- 👁️ Sustancias que causan alergias como el polen (no contagiosas)
- 👁️ Irritantes como el humo o el polvo (no contagiosos)

Ojo sano



Ojo infectado



LOS SÍNTOMAS

GENERALMENTE INCLUYEN:

- 👁️ Enrojecimiento o inflamación
- 👁️ Picor, irritación o ardor
- 👁️ Lagrimeo
- 👁️ Secreciones
- 👁️ Sentir el ojo áspero
- 👁️ Lagañas en los párpados o las pestañas

- 👁️ Dolor en los ojos
- 👁️ Sensibilidad a la luz o visión borrosa
- 👁️ Enrojecimiento intenso de los ojos
- 👁️ Síntomas que empeoran o no mejoran
- 👁️ El sistema inmunitario debilitado, por ejemplo, a causa del VIH o un tratamiento contra el cáncer
- 👁️ Condiciones preexistentes en los ojos

Por lo general, los médicos pueden diagnosticar la causa de la conjuntivitis basado en los síntomas e historial médico del paciente.

CONSULTA A UN MÉDICO

SI TIENES OTROS  
SÍNTOMAS:



Los recién nacidos que muestren signos de conjuntivitis deben ser examinados por un médico inmediatamente.

PROTÉGETE Y PROTEGE A LOS DEMÁS

- 👁️ Lava tus manos frecuentemente con agua y jabón, y ayuda a los niños pequeños a que hagan lo mismo. Lava bien tus manos después de tocar a alguien que tenga conjuntivitis o luego de tocar sus artículos personales.
- 👁️ Evita tocarte o frotarte los ojos. Esto puede empeorar su condición o contagiar al otro ojo.
- 👁️ Deja de usar lentes de contacto hasta que tu médico te diga que ya puede hacerlo.
- 👁️ Evita compartir artículos personales como maquillaje, gotas para los ojos, toallas, ropa de cama, lentes de contacto y sus contenedores, y espejuelos.
- 👁️ No uses en el ojo que no está infectado los mismos productos para los ojos que uses en el ojo infectado.
- 👁️ Limpia, guarda y reemplaza tus lentes de contacto según las instrucciones de tu médico.



[WWW.CDC.GOV/CONJUNCTIVITIS/INDEX-SP.HTML](http://WWW.CDC.GOV/CONJUNCTIVITIS/INDEX-SP.HTML)

