

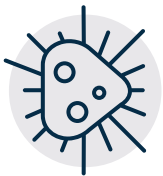
Leave nothing but the twinkle in little eyes

Caring for your child's conjunctivitis

What is conjunctivitis?

Conjunctivitis, also known as 'pink eye', is an inflammation or infection of the thin clear tissue that lines the surface of the eyelids and the white of the eye.¹ When your child has conjunctivitis, these tissues swell up, and the eyes can become pink or red. Your child might feel itching or a burning sensation in their eyes.

Main causes of conjunctivitis:^{1,2}



Bacterial and viral infections

Bacterial and viral conjunctivitis are very contagious. They can develop if your child comes into contact with an infected person, or contaminated water or towels when swimming.



Allergies and foreign bodies

Allergic conjunctivitis is not contagious. It is caused by an allergic reaction. A child with allergic conjunctivitis is likely to rub their eyes a lot and show other allergic symptoms like a runny nose and sneezing.

Treatment for conjunctivitis¹

- Most cases of conjunctivitis resolve in 7–10 days.
- Some cases may need treatment such as antibiotic, lubricant or antihistamine eye drops.
- Your doctor will advise if your child needs eye drops.

See your GP if:²

- your child's conjunctivitis isn't getting better after two days.
- your child has severe pain, eyesight problems or a fever.
- your child has a persistent white spot in their cornea (the clear 'window' at the front of the eye).

Babies should be examined by a GP, paediatrician or Maternal and Child Health Nurse.

Preventing the spread of conjunctivitis

Bacterial and viral conjunctivitis are very contagious, so it's important to:²⁻⁴



Wash hands regularly with soap and water



Avoid rubbing or touching the eyes



Avoid sharing personal items such as towels or bedding



Stay home from day care or school until discharge has stopped (unless advised otherwise by a doctor)

Treatment strategies

Your child's conjunctivitis treatment strategy might include:^{1,2}

- Cold or warm compress
- Eye wipes or cotton balls
- Lubricant eyedrops
- Medications recommended or prescribed by your doctor

At-home care²

- Gently cleaning the eyes can help your child feel better.
- Always wipe from the inside (nose side) of the eye, to the outside. This prevents an infection spreading to the other eye.
- Remember to use a new wipe for each eye.
- Do not try to clean under the eyelids.



Most cases of conjunctivitis resolve in 7–10 days, without the need for antibiotics.¹

Your doctor will advise you on the best course of treatment for your child.

Little
Eyes



This information is brought to you by Little Eyes Gentle Cleansing Eye Wipes.

Little Eyes Gentle Cleansing Eye Wipes help clean and clear away secretions and crusted matter from around the eyes. They are specially designed for cleaning children's eyelids and eyelashes.

Go to <https://littlerange.com.au/> or scan the QR code for more information



Always follow the directions for use. If symptoms persist speak to your healthcare professional.

References: 1. Mahoney MJ, et al. *Children (Basel)*. 2023;10(5):808. 2. The Royal Children's Hospital Melbourne. Conjunctivitis. 2018. Available from: https://www.rch.org.au/kidsinfo/fact_sheets/conjunctivitis/. 3. Centers for Disease Control and Prevention. Preventing the Spread of Conjunctivitis. 2019. Available from: <https://www.cdc.gov/conjunctivitis/about/prevention.html>. 4. healthdirect. School exclusion periods. 2023. Available from: <https://www.healthdirect.gov.au/school-exclusion-periods#conjunctivitis>.

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