

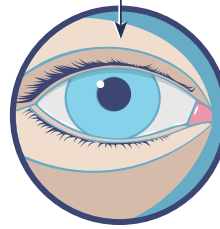
# HELP PROTECT YOURSELF FROM GETTING & SPREADING **PINK EYE** (CONJUNCTIVITIS)

**PINK EYE IS OFTEN HIGHLY CONTAGIOUS.**

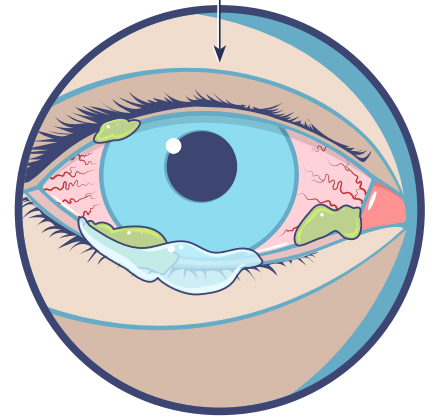
IT CAN BE CAUSED BY

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

Healthy Eye



Infected Eye



**SYMPTOMS USUALLY**

**INCLUDE:**

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



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

- 👁️ 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)

