



Supported by
PREVENT BLINDNESS FOUNDATION

**Queensland Eye Institute &
Prevent Blindness Foundation**

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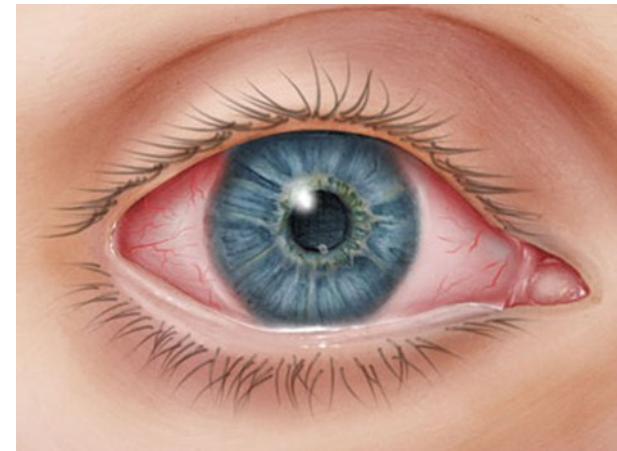
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A close-up photograph of a human eye with a light blue iris, looking slightly to the right. The eye is framed by a blue and white circular graphic element.

Viral

Conjunctivitis





Viral conjunctivitis

Viral conjunctivitis is sometimes referred to as “pink eye” and is a common infection of the eyes. Patients experience sore, red eyes with a mild discharge.

The virus that causes viral conjunctivitis is almost always the same as that which causes the common cold. It is very contagious so you could have caught it walking past someone in the street or as is often the case, from small children.

How long will I need off work?

While your eyes are watering and red you are still infectious so you shouldn't be at work during this period. This can be between 3 3 and 10 days.

What is the treatment?

There is no specific treatment for viral conjunctivitis but some simple steps may make your eyes more comfortable.

- Lubricating drops (artificial tears) may help with the irritation you experience.
- Putting a cold damp face towel over your eyes may relieve some of the redness and irritation.
- Do not wear contact lenses while you eyes are red or sore.
- Rarely, conjunctivitis can be very severe and cause a condition called pseudomembranous conjunctivitis or infiltrates in the cornea. These rare complications can significantly reduce your vision.