

## **Advisory on Conjunctivitis**

### **Symptoms:**

- Redness in the eyes
- Itching and irritation
- Excessive tearing
- Swelling and discharge

### **Preventive Measures:**

1. **Frequent Handwashing:** Wash hands with soap and water for at least 20 seconds.
2. **Avoid Eye Rubbing:** Touching or rubbing the eyes can worsen the infection and spread it further.
3. **Use Disposable Tissues:** When cleaning the eyes, use disposable tissues instead of cloth towels.
4. **No Sharing of Personal Items:** Avoid sharing towels, handkerchiefs, makeup, or other personal items.

### **Treatment & Care:**

1. **Seek Medical Advice:** Consult a doctor if any symptoms of conjunctivitis appear.
2. **Stay Home:** Affected individuals should remain at home until symptoms subside and they are no longer contagious.
3. **Rest the Eyes:** Reduce screen time and avoid activities that strain the eyes.
4. **Eye Protection:** Wear sunglasses outdoors and refrain from using eye makeup or contact lenses until fully recovered.
5. **Use Cold/Warm Compresses:** Apply a clean cold or warm compress to closed eyelids 3–4 times a day for relief.
6. **Maintain Hygiene:** Continue frequent handwashing and avoid unnecessary eye contact.