



Eye Flu (Conjunctivitis)

Symptoms, Prevention and Home Care

Symptoms

The most common symptom of conjunctivitis is **redness** and **inflammation of the eye**. Other common symptoms include:



Itching or burning sensation



Watering of the eyes



Sensitivity to light



Discharge from the eye, which can cause crusting and sticking of eyelids together

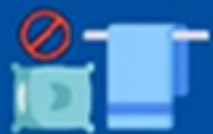
Prevention



Wash hands frequently, especially before touching the eyes



Avoid touching the eyes with hands



Avoid sharing pillows, towels, and other personal items



Practice good hygiene, especially during cold and flu season



Use protective eyewear when appropriate, such as when swimming or doing other activities with potential eye exposure risk

Home Care for Eye Flu



Warm Compress: A warm compress can help relieve inflammation and itching. Apply a warm compress for 5-10 minutes several times a day.



Cold Compress: In some cases, a cold compress can relieve symptoms of conjunctivitis. Use a clean cloth or ice pack wrapped in a towel and apply it to the affected eye for 5-10 minutes.



Artificial Tears: Over-the-counter artificial tears can help provide relief from dryness and irritation of the eyes.



Cleanse The Eye Area: Use a clean, damp cloth to gently clean the eye area to remove any discharge from the eye. This can also help reduce the risk of spreading the infection.

