

DAV PUBLIC SCHOOL

BRS NAGAR, LUDHIANA

Advisory on Conjunctivitis (Eye Flu) Prevention

There is a sudden outbreak of conjunctivitis (Eye Flu) after heavy rains that resulted in water logging and floods in Punjab and neighboring states.

Conjunctivitis also known as ‘pink eyes’ is an eye problem which is caused by virus, bacteria or allergy to pollen, dust or pets etc. It makes eyes red, itchy, and watery. It can also lead to a sticky discharge and make one's eyes feel highly painful and uncomfortable. Conjunctivitis caused by virus and bacteria is highly contagious, which means this disease can pass from person to person easily. One might have it by:

- Touching the eyes after touching surfaces or objects that have the virus on them.
- Coming in close contact with someone who has eye flu.

A few individuals may experience sensitivity to light, known as photophobia. In rare cases, it can cause temporary blurred vision or a gritty sensation in the eyes.

PREVENTION

Prevention is always better than cure. One can prevent eye flu by following the steps mentioned below –

- **Regularly wash your hands using Soap and Water** for at least 20 seconds, before touching any facial features especially eyes.
- **Avoid touching your eyes, nose and mouth repeatedly to avoid contacting infection.**
- **Avoiding sharing personal items like towel, tissue and handkerchief etc. Use or touch only clean and disinfected surfaces.**
- **Wear goggles if afflicted with the flu so as to contain its spread to others.**

- **Use Tissues or Elbow while sneezing/coughing** - Touching eyes directly may introduce viruses and bacteria to healthy eyes also; so use Tissues or Elbow when coughing or sneezing. Using tissue or coughing into elbow will help prevent respiratory droplets from spreading further.
- **Maintaining Good Contact Lens Hygiene** - If you wear contact lenses, be sure to follow proper hygiene practices, such as disinfecting and replacing these according to schedule. Follow your doctor's advice.

EFFECTIVE REMEDIES FOR EYE FLU

Seek medical attention to prevent complications and further spread. Consult a good ophthalmologist.

Home remedies may also provide additional comfort and assist in the healing process. Such remedies include:

- **Warm Compresses:** Alternating warm and cold compresses can provide soothing relief from eye strain and discomfort.
- **Saline Solution:** Rinsing eyes with homemade saline solution made by mixing little salt with distilled water may help to clean eyes while providing relief from irritation.
- **Proper rest and sleep:** Allow your body to recover while strengthening your immune system to combat this eye infection.

Parents are advised to not to send their wards to school in case they are suffering from Conjunctivitis and help in containing the spread of disease.

Help us to help others!

With best regards,

School Health & Wellness Coordinator