

EYE FLU (CONJUNCTIVITIS)

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Eye flu or viral conjunctivitis hits various areas in Epidemic form. It mostly occurs in summer, it occurs due to Adeno Virus. This is highly contagious.

Symptoms : The symptoms are as under:

- Gritty sensations
- Watering and redness.

It effects one eye in the beginning and the other later. The contacts in a family or in crowded places like trains, buses, cinemas and other gatherings are responsible for its rapid transmission and spread of infection.

Treatment : However, for this disease no specific antiviral therapy is needed as cornea is not involved. But since bacterial infection is there, the following treatment is advised. The treatment must be taken on advice of eye specialist :

- Consult your eye specialist immediately.
- The patient should sleep alone, should use his separate linen, handkerchief, towels etc.
- Wear dark glasses. It gives soothing effect and restrict involuntary touching of eyes,
- Frequent eye cleaning with clean and cold water.



- Broad spectrum antibiotic eye drops to be used (one drop six hourly) into both eyes.
- An antibiotic eye ointment into both eyes at bed time.
- Never use steroid containing drops (alone or in combinations).

Misconception : There are certain misconception about the spread of infection as –

It never spreads by looking into eyes of an infected person. It usually spreads through contact with

contaminated hands, towel, handkerchief etc.

Prevention : The unaffected persons should not touch or rub their eyes. If there is an itching in eye lids clean your hands with soap and water before touching your eyes.



Remember :

- Avoid crowded areas as much as possible.
- Avoid swimming pool or ponds.
- Avoid use of kajal or surma.
- Don't use surma salai used by others.
- Wash hands and eyes 3-4 times a day
- Ensure personal hygiene and cleanliness.
- Use protective goggles.
- Keep away from the endemic or epidemic area. □□