

Conjunctivitis: A guide for parents

Dear Parent,

As you may be aware, there have been some incidences of conjunctivitis at Oberoi International School. While we have intimated the children's parents, and taken other precautions, we would like to share some guidelines and precautionary steps for you to consider for your child as well.

The Healthspring team has put together useful information, including common questions that you may have and also some easy steps for you to take, to protect your child.

Please go through it and call us, or write to us, in case there are any further questions or if you require further information. Please also reach out to us if your child shows any symptoms. You can call 6130-3535 and ask to speak to me or any of the other physicians, or reach Shivani Dawlatjada at shivani.dawlatjada@healthspring.in or on 98330-08636.

What is Conjunctivitis? Is this serious? How do I know if my child is infected?

Viral conjunctivitis, or pinkeye, is a common, self-limiting condition that is typically caused by adenovirus. Other viruses that can be responsible for conjunctival infection include herpes simplex virus (HSV), varicella-zoster virus (VZV), picornavirus (enterovirus 70, Coxsackie A24).

The symptoms are:

- Redness or swelling of the white of the eye or inside the eyelids
- Increased amount of tears
- White, yellow or green eye discharge
- Burning Eyes
- Itchy eyes
- Increased sensitivity to light
- Crusting of eyelashes and eyelids

How does one typically contract conjunctivitis?

Conjunctivitis can spread from an infected person to you when you:

- Forget to wash your hands often and touch your eyes
- Reuse tissues and towels when wiping your face and eyes
- Do not clean your contact lenses properly and use poorly fitting contact lenses

www.healthspring.in | (022) 6130-3535

Andheri (W) | Goregaon | Kemps Corner | Khar | Powai | Thane | Vashi



family doctor



24x7
emergency



diagnostics



comprehensive
chronic care



specialist care
co-ordination



pharmacy



home care



physiotherapy



vaccination



diet &
nutrition

What should you do as a parent if your child contracts conjunctivitis?

If your child has conjunctivitis, informing OIS immediately, so that they can monitor other children closely and take additional precautions. Additionally, help to minimise the spread of the disease by:

- Keeping your child at home and away from public places
- Washing your hands and the hands of all the people in contact with the child often
- Having the child avoid touching his/her eyes
- Making sure to avoid reusing towels, washcloths, handkerchiefs and tissues to wipe the child's face and eyes
- Changing the child's pillowcase frequently
- Keeping a hand disinfectant handy and using it frequently
- Frequently cleaning surfaces such as countertops, bathroom vanities, tap handles and shared phones with an appropriate antiseptic cleaner
- If the child wears wear contacts, being sure to follow the eye doctor's instructions for lens care and replacement, and using contact lens solutions properly or considering switching to daily disposable contacts.

When is your child ready to go back to school?

Conjunctivitis generally remains contagious as long as the eye continues to tear and produce a discharge. Signs and symptoms of conjunctivitis usually improve within three to seven days. When tearing and discharge are no longer present, it's appropriate for a child to return to school.

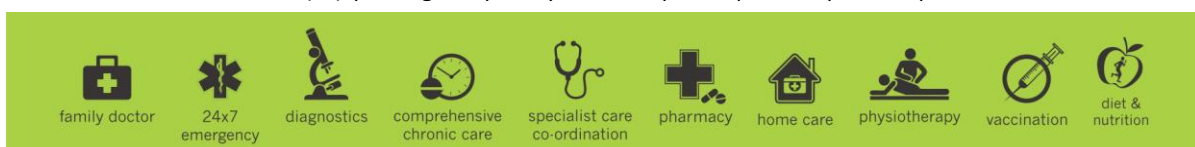
How do I manage my child's care if he/she contracts conjunctivitis?

If your child contracts conjunctivitis, you can follow the protocol laid out below, but it is better to seek a doctor's opinion before starting any treatment as each case is unique:

- Tears Plus eye drops: 1 drop, 4-6 times a day
 - If you are having trouble, put the drops on the inner corner of your child's closed eye — when the child opens the eye, the medicine will flow into it
- Toba/Ciplox eye drops: 1 drop, 4 times a day
 - This is a topical antibiotic and will prevent bacterial superinfection
- Cetzine syrup
 - Can be used if there is itching

Is conjunctivitis serious enough that I need to seek medical advice?

www.healthspring.in | (022) 6130-3535
Andheri (W) | Goregaon | Kemps Corner | Khar | Powai | Thane | Vashi



While conjunctivitis is a common disease, you should seek medical advice to ensure that there are no complications. Seek out a doctor especially in the following situations:

- Conjunctivitis is accompanied by moderate to severe pain in the eye(s)
- Conjunctivitis is accompanied by vision problems, such as sensitivity to light or blurred vision, that does not improve when any discharge that is present is wiped from the eye(s)
- Conjunctivitis is accompanied by intense redness in the eye(s)
- Conjunctivitis symptoms become worse or persist when a patient is suspected of having a severe form of viral conjunctivitis—for example, a type caused by herpes simplex virus or varicella-zoster virus (the cause of chickenpox and shingles)
- Bacterial conjunctivitis is being treated with antibiotics and does not begin to improve after 24 hours of treatment

We hope this answers your questions, and feel assured that Oberoi International School and Healthspring are vigilant, and will help keep your child healthy. Please do feel free to reach out to us if you have any more questions.

Dr. Khullar
Paediatrician, Healthspring

www.healthspring.in | (022) 6130-3535
Andheri (W) | Goregaon | Kemps Corner | Khar | Powai | Thane | Vashi

