



Ticket to Healthy Living

PINK EYE



What is pink eye?

Pink eye is an infection in the eye and can spread easily from person to person.

What causes pink eye?

Viruses and bacteria cause pink eye.

Signs you might see

- Red eyes
- Eyes are itchy
- Lots of tears
- Red or puffy eyelids
- Child may have a "crust" on the eyelashes and around the eyelids
- The eyes might be stuck together in the morning

What to do

- In the morning, place a warm washcloth on the eyes to loosen up the crust on the eyes.
- Wash the eyes every one to two hours when they are awake – use a warm washcloth or cotton balls. Be sure to use a new washcloth or new cotton ball each time.
- Don't let your child touch or rub his or her eyes.

When to call your doctor

- Your child has the signs of pink eye (red, puffy, itchy eyes and crust around the eyes).
- Your child's friends have red, puffy, itchy eyes.

More information

- Pink eye can be spread very easily, so be sure to wash your hands and your child's hands often.
- Don't let your child share towels with anyone.
- If your doctor gives your medicine for your child's eyes, you might need someone to help you hold your child, while you put the drops in his or her eyes.
- Have your child tip his or her head back. You can then pull down on the bottom eyelid and put the drops in the eye. Have your child lay with his or her eyes closed for up to two minutes. This will help to keep the drops in the eye. Do not touch the eyedropper to the eye.



Texas
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Health Plan is
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ticket to
health care.

