

Conjunctivitis Prevention

Conjunctivitis is an eye infection that may cause redness and discharge from the eye, sometimes with pain or itching. It can be caused by bacteria or viruses.

Prevent the spread of conjunctivitis

- Do not touch or rub your eyes. If your eyes itch or burn, use a tissue to wipe drainage; put the used tissue in the trash, and clean your hands.
- Clean your hands frequently with soap and water. Use a waterless, alcohol-based hand rub if hands are not visibly soiled.
- Do not share towels or washcloths with others. Assign one towel and one washcloth to each family member, and launder frequently.
- Launder your pillowcase every day.
- Do not wear contact lenses while your eyes are red or draining. Discard contact lens solution used before or during your eye illness. Disinfect contact lenses before resuming use.
- Do not share eye make-up, such as mascara or eyeliner.
- Do not share eye drops, contact lens solution or any medications.
- Stay home from school, childcare or work (especially if you are a healthcare worker or childcare provider) until the eye drainage has resolved.



Additional steps you should take:

- Wear sunglasses if light bothers your eyes.
- Do not operate machinery if your vision is blurred.
- Avoid swimming in a pool if you have eye drainage.

Questions?

Call Minnesota Department of Health: 612-676-5414 or 1-877-676-5414



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