



Circular/ 13 / 23-24

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Advisory on Conjunctivitis (Eye Flu)

Dear Parents
Greetings!

As multiple cases of conjunctivitis have been identified in Jaipur, we request parents to take the following precautions.

1. Do not send your child to school if any sign of redness / itching is noticed in the eyes. Please consult a doctor at the earliest.
2. Keep your child home from school until symptoms improve and they are no longer contagious. This is typically 1-2 days after starting antibiotic eye drops, if prescribed.
3. Have your child wash their hands frequently, especially after touching their eyes or any shared surfaces.
4. Disinfect surfaces and items your child touches often, like toys, electronics and doorknobs.
5. Separate towels, washcloths and tissues for your child. Have them use disposable towels.
6. Notify the school nurse or administrators that your child has conjunctivitis

Regards

RES Jaipur

What is Conjunctivitis ?

Conjunctivitis is an Inflammation of the lining of the eye and eyelid.



Types:

Bacterial Conjunctivitis

A red eye with sticky yellow discharge. Eyelashes and eyelids may stick together.

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A red, itchy watery eye. Highly contagious, up to 10-12 days.

Viral Conjunctivitis

Fungal Conjunctivitis

A red eye with puffy eyelids and yellowish discharge.

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Symptoms:

- ➔ Redness
- ➔ Irritation
- ➔ Watery discharge
green/yellow discharge
- ➔ Eyelids may stick together in the morning
- ➔ Eyelid swelling
sensitivity to light
- ➔ It's highly contagious and spreads through direct contact with eye secretions or indirectly by towels, washcloths and other contaminated objects

Prevention:

- ➔ **Personal items**
Never share personal items such as washcloths and hand towels. This also includes handkerchiefs and tissues.
- ➔ **Cover Up**
Cover your nose and mouth when coughing or sneezing, preferably not with your hands.
- ➔ **Wash Hands**
Wash your hand frequently and thoroughly, especially in public places.
- ➔ **Don't touch**
Avoid rubbing or touching your eyes.
- ➔ **Disinfectant**
Keep a hand sanitizer handy and use it frequently. Some without alcohol won't dry your hands.
- ➔ **Clean Surfaces**
Keep countertops, shared phones and remotes clean with an appropriate antiseptic cleaner.
- ➔ **Use Glasses**
While swimming wear glasses to protect your eyes.
- ➔ **If you wear contacts**
Follow doctor's instructions for lens care and replacement, using solutions properly.
- ➔ **Incubation Period**
 - Avoid close contact with others until discharge has gone.
 - Although Conjunctivitis symptoms may resolve in three or four days, children with viral conjunctivitis may be contagious for a week or more. Children may return to school when they no longer experience tearing and redness of eyes.