

VIRAL CONJUNCTIVITIS

5 RIVERS HEART ASSOCIATION

 @5Riversheart
 @5riversheartusa
 @DrSwaiman



01

Wash your hands with soap and water

This condition spreads mainly with our hands when the patient uses hands to clean the discharge or rub their eyes

02

Do not share towels or pillows with other family members

This is also to prevent transmission

03

Clean your eyes everytime it sticks or before putting eye drops

- Use either boiled water cooled to room temperature or filtered water
- Do not use tap water

DO NOT USE ANTIBIOTIC EYE DROPS

- Carboxymethylcellulose drops can be used after prescription from Doctor.
- Wash your eyes with clean water before putting eye drops

04

Use clean handkerchief or towel to wipe watering from the eyes.

Do not rub your eyes with your hands.

05

Use dark protective goggles when going out; although try not going out

To prevent contamination of the eyes and spread to others

06

Use warm or cold compresses for symptomatic relief.

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