

should improve once the allergy is treated and the allergen removed. Seek medical advice if you have conjunctivitis that is linked to an allergy.

Treatment consists primarily of cleansing the eyes and preventing the condition from spreading.

Preservative-free artificial tears (lubricant eye drops) can be applied frequently. Never use steroid eye drops without doctor's prescription.

PREVENTION

- Wash your hands with soap and water at times of an epidemic. Carry an alcohol-based sanitizer with you to use when you do not have access to soap and water.
- Avoid touching your eyes with your hand or any object like a handkerchief.
- Do not share eye makeup or eye medicines.
- If you suffer from conjunctivitis or Madras eye, wash your eyes regularly and wipe with a disposable tissue. After that, immediately sterilize your hands. Do not leave the tissue lying around.



- Avoid going to your place of work or school till you recover completely.
- Any linen that you use like towels, bed sheets and pillow covers should be washed with hot water and detergent, **Separately**.
- Do not wear contact lenses or any eye or face makeup.
- Avoid going to the swimming pool or using the gym or other equipment that are used commonly by other people.
- Sterilize eyeglasses and contact lenses once you recover from the condition.
- If only one eye is affected, avoid touching the other eye.
- Apply a cold compress to the affected eye to sooth it, and do not forget to wash your hands after that.
- Do not forget to visit a doctor as soon as symptoms set in to control the infection. The doctor will prescribe eye drops; do not share these with anyone.

To know more about Microorganisms, visit our website: <http://dzumenvis.nic.in/>

For Details contact:

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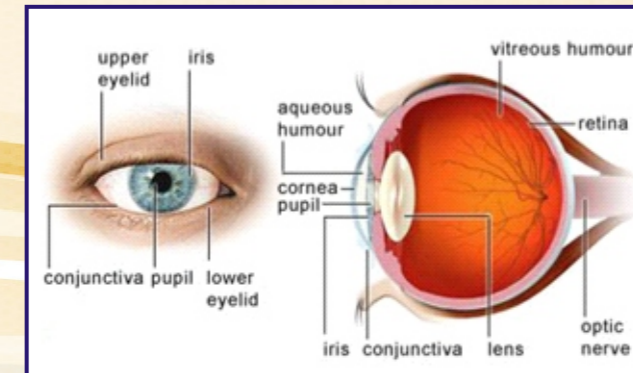
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FACTS ABOUT CONJUNCTIVITIS



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FACTS ABOUT MADRAS EYE (CONJUNCTIVITIS)

Conjunctivitis (Commonly called as 'Mdras eye') is a common viral infection, which spreads rapidly from one person to another. It spreads like an epidemic due to carelessness on the part of the person who suffers from it and the people around.

Though some people say that Madras eye can spread by merely being in a room with a person whose eyes are affected by the condition, this is not true. Conjunctivitis spreads through secretions from the eye. Thus, a person affected with Conjunctivitis can pass on the infective virus or bacteria to another person or object that comes in to contact with the secretion.

Thus, the spread of conjunctivitis can be prevented by adopting simple methods to maintain hygiene. The changes in recent weather with the advent of the cold season coupled with rain have resulted in a large number of cases in South India. Here are some tips that you could follow to prevent spreading it, if you already suffer from the condition.

CAUSES

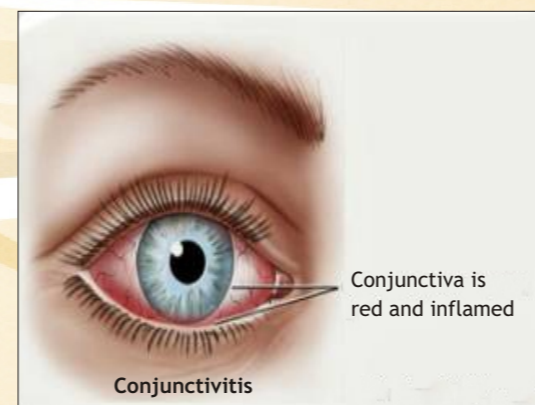
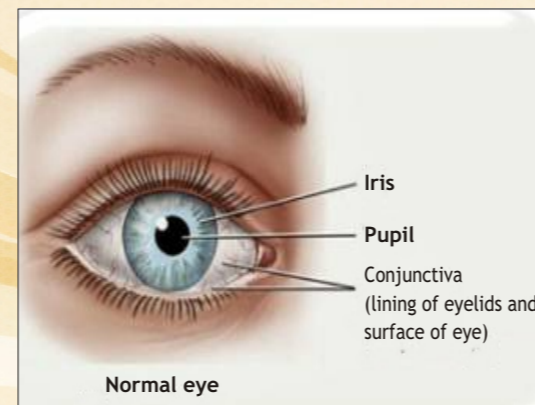
Conjunctivitis has a number of different causes including:

- Viruses
- Bacteria (such as gonorrhoea or chlamydia)
- Irritants such as shampoos, dirt, smoke and swimming-pool chlorine
- Allergies such as dust and pollen, or a special type of allergy that affects some contact lens wearers

SYMPTOMS

The symptoms of conjunctivitis differ depending on the cause of the inflammation, but can include:

- Redness in the white of the eye or inner eyelid
- Increased amount of tears
- Thick yellow discharge that crusts over the eyelashes, especially after sleep



- Green or white discharge from the eye Itchy eyes
- Burning eyes
- Blurred vision
- Increased sensitivity to light

Seek medical advice if you have any of these symptoms of conjunctivitis. You may be advised to attend for an examination of your eyes and a sample of fluid from the eyelid using a cotton swab may be taken to be analysed in a laboratory. Bacteria or viruses that might have caused conjunctivitis, including a sexually transmitted infection (STI), can then be identified and appropriate treatment prescribed.

TREATMENT

The treatment for conjunctivitis depends on the cause:

- **Bacteria** - Conjunctivitis caused by bacteria is treated with antibiotics in the form of eye drops.
- **Viruses** - This type of conjunctivitis often results from adenovirus or herpes. It will run its course, but needs supportive therapy to reduce symptoms and improve patient comfort.
- **Irritants** - For conjunctivitis caused by an irritating substance use water to wash the substance from the eye for five minutes. If falls in the eye, wash with drinking water and then seek urgent medical advice.
- **Allergies** - Allergy-associated conjunctivitis