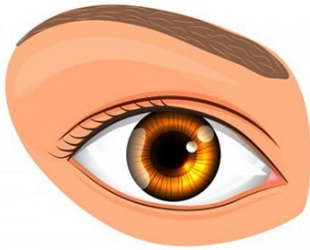
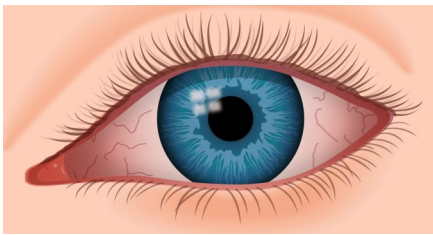


Self-Care For Eyes



Healthy eyes



Dry or sore eyes



Signs of conjunctivitis

Dry or Sore Eyes

- Dry eyes are a common condition when eyes don't make enough tears or tears evaporate too quickly
- Most cases of sore eyes can resolve themselves
- These can both be managed by having good self-care measure in place such as good eyelid hygiene and avoidance of environmental factors alongside treatment
- Mild to moderate cases of dry eye syndrome or sore tired eyes can usually be treated using lubricant eye treatments that consist of a range of drops, gels and ointments that can be easily be purchased over the counter.

Conjunctivitis

- Treatment isn't usually needed for conjunctivitis as the symptoms usually clear within a week, there are several self-care measures that may help with symptoms.
- If treatment is needed, then treatment is dependent on the cause:
 - Irritant conjunctivitis will clear up as soon as whatever is causing it is removed.
 - Allergic conjunctivitis can usually be treated with antiallergy medications. The substance that caused the allergy should be avoided.
 - In severe bacterial cases, antibiotic eye drops & eye ointments can be used
- Treatments for conjunctivitis can be purchased over the counter however almost half of all simple cases of conjunctivitis clear up within ten days without any treatment.
- Public Health England (PHE) advises that children with infective conjunctivitis do not need to be excluded from school, nursery or child minders, and it does not state any requirement for treatment with topical antibiotics.