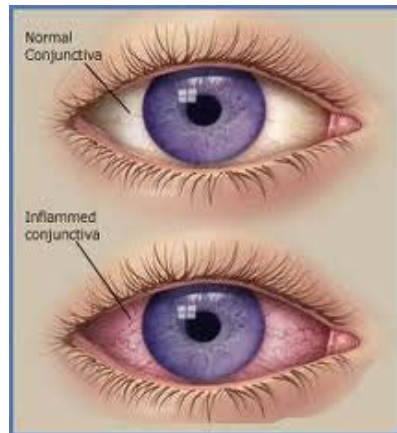


Prevent The Spread of Pink Eye

According to the American Journal of Infection Control, more than 3 million school days are missed annually in U.S. public schools as a result of acute conjunctivitis, also known as “pink eye.” Children are usually most susceptible because they are in close contact with so many others in schools or daycare centers.

There are three types of pink eye—viral, bacterial and allergy-related.



Some of the most common ways to get pink eye:

- Reusing handkerchiefs and towels when wiping your face and eyes
- Forgetting to wash hands often
- Frequently touching eyes
- Using old cosmetics or sharing them with others
- Not cleaning or over-wearing contact lenses

Here are tips to prevent the spread of pink eye:

- Wash hands often
- Avoid touching eyes
- Don't reuse washcloths, handkerchiefs or tissues to wipe your face and eyes
- Change towels, pillow cases, contact lenses, contact lens case and water based make-up frequently

Treatment for pink eye varies by the type, so it is best to consult with your eye doctor to ensure the best course of action.