

Dear all,

For the past week, there has been a massive spread of Conjunctivitis or Eye infection among the campus population. The following are the things to be learnt for keeping yourself safe from infection. The symptom might be due to infection, allergy or some foreign body also.

Symptoms

The most common symptoms include:

- Redness in one or both eyes.
- Itchiness in one or both eyes.
- A gritty feeling in one or both eyes.
- A discharge in one or both eyes that forms a crust during the night that may prevent your eye or eyes from opening.
- Tearing.
- Sensitivity to light
- Eye pain.
- A feeling that something is stuck in your eye.
- Blurred vision.

Visit the Medical Unit for consultation if you are having the above mentioned symptoms.

Prevention

Practice good hygiene to control the spread of infection. For instance:

- Don't touch your eyes with your hands.
- Wash your hands often.
- Use a clean towel.
- Don't share towels or clothes.
- Change your pillowcases often.
- Throw away old eye cosmetics, such as mascara.
- Don't share eye cosmetics or personal eye care items.
- **Avoid close contact with those having symptoms.**

Eye drops like Moxifloxacin or Ciprofloxacin can also be used in one or both eyes every 4 to 6 hourly for five days.

Stay safe,

With Regards,

S.M.O

Medical Unit.

N.I.T, Durgapur.