



## Pink Eye (Conjunctivitis)

Your child may have been exposed to this illness on \_\_\_\_\_.  
Date(s)

Please check your child for symptoms through \_\_\_\_\_.  
Date

*If your child has symptoms, please contact your child's healthcare provider.*

### **If my child becomes sick, when can they return to school or child care?**

Children with pink eye may stay in child care/school or return to child care/school if they are able to participate meaningfully in activities and can perform good hand hygiene.

#### **Pink eye is a common viral or bacterial infection of the eye.**

It is most often caused by a virus, and can spread from person to person. It causes:

- Pink or red color in the whites of the eye(s)
- Watery eye(s)
- Itchy or scratchy eye(s)
- Yellow or green discharge from the eye(s)
- Crusting of the eyelids or eyelashes

If a person gets sick, it usually happens 1-3 days after being in contact with a sick person. Children with viral pink eye typically get better after 5-6 days.

#### **What can I do now?**

**Watch your child** for symptoms. Most cases of pink eye are mild and get better on their own, even without treatment. However, if your child is having eye pain, blurry vision, sensitivity to light, or intense redness, or if your child has a weak immune system, call your child's health care provider.

#### **If your child gets sick, prevent others from getting sick by:**

- Washing your hands frequently, especially before and after touching your face.
- Not touching or rubbing infected eyes.
- Not sharing makeup, contact lenses and containers, eyeglasses, pillows, washcloths, or towels.

This information provided does not replace talking with your healthcare provider if your child is ill.