

ACHIEVING TOGETHER

Dear parents,

PINK EYE

Pink eye (Conjunctivitis) is an inflammation of the transparent membrane that lines the eyelid and eyeball. This membrane is called the conjunctiva. When small blood vessels in the conjunctiva become swollen and irritated, they're more visible. This is what causes the whites of the eyes to appear reddish or pink. Pink eye is also called conjunctivitis.

What Are the Symptoms of Pinkeye?

They depend on the cause of the [inflammation](#), but may include:

- Redness in the white of the eye or inner eyelid
- Swollen conjunctiva
- More tears than usual
- Thick yellow discharge that crusts over the eyelashes, especially after sleep. It can make your eyelids stick shut when you wake up.
- Green or white discharge from the eye
- Itchy eyes
- Burning eyes
- [Blurred vision](#)
- More sensitive to light
- Swollen lymph nodes (often from a viral infection)

Common Causes of Pink Eye:

Pink eye can be caused by a virus, bacteria, allergens or irritants but it is the viral form of pink eye that is highly contagious.

Viral conjunctivitis: Viral pink eye can be spread through the air. It is often associated with colds and upper airway infections. When someone with viral pink eye sneezes or coughs, the droplets can spread the infection, which is why it is so contagious. It can also be transmitted through direct contact. For example, people who have the infection may touch their eye with a finger and then touch an object (like a door knob) or bring an object like a towel or makeup applicator to their face and someone else uses the contaminated object.

Bacterial conjunctivitis: Pink eye caused by bacteria is generally spread by direct contact.

Allergic conjunctivitis: Allergies can cause pink eye when the allergen, such as dust or pollen, is airborne and gets into the eye. Allergic pink eye is not contagious.

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When to Call Your Doctor

- There's a lot of yellow or green discharge from your eye, or if your eyelids are stuck together in the morning
- You have severe pain in your eye when you look into a bright light
- Your vision is obviously affected by pinkeye
- You have a high fever, shaking chills, face pain, or vision loss. (These are very unlikely symptoms.)

PPS Policy on Communicable Diseases

- Communicable Diseases may include, but not limited to:
 - Pink Eye
 - Rashes (which **might** develop into: chicken pox, shingles, scarlet fever, hand, foot, mouth disease, etc.)
- For the safety of the children and the staff, if your child has the symptoms of Pink Eye or rashes, please bring your child to the doctor.
- The school nurse will call you if she suspects that your child might have the “Pink Eye” or have rashes. Please do not be upset if she does, we are only concern about the health of your child, as well as the safety of the other children and staff.
- **Please submit a medical certificate (fit to attend school) before your child returns to school.**

Thank you for your cooperation and support.

School nurse

Enila Chandran