

Youth Health Bulletin



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THIS MONTH'S TOPIC:

ITCHY EYES COULD MEAN PINKEYE

When you wake up in the morning have you ever had itchy eyes? Perhaps they were red and may even have had some gooey yellow liquid in the corner. If you have itchy, red eyes, it is quite likely that you may have pinkeye, known by healthcare providers as conjunctivitis.

Pinkeye is the most common eye problem that kids can have. It is called pinkeye because the part of the eye that is usually white may look pink or red. Usually, having pinkeye does not hurt, but the itchiness can become annoying! It may feel like you have a speck of dirt in your eye and cannot get it out.

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Wash your hands often and try not to rub your eyes. You do not want to spread it to your family and friends!

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Must...
not...
RUB...
eyes...

If your eyes are very itchy and really bothering you, put a cool washcloth over your eyes and rest for a few minutes.

Although it may be tough, try not to rub your eyes and wash your hands often. You do not want to spread it to your family and friends!

Answer These Questions

1. To help prevent the spread of pinkeye, what should you do? _____

2. If you wake up and your eyes are crusty, what should you do? _____

ANSWERS: 1. Wash your hands often with soap and water. 2. Tell your parent.

How do you get it?

There are different ways you can get pinkeye. Sometimes a virus or bacteria causes pinkeye. Pinkeye caused by a virus can be passed from kid-to-kid just by touching. If someone has pinkeye and you touch him after he has touched his eyes, and then you touch your eyes, you can get the infection. If you wash your hands a lot with soap and water, it can prevent the virus from spreading to your eyes.

Sometimes, a kid can get pinkeye when she has an ear infection. This is because the same bacteria that causes ear infections can also cause pinkeye.

Kids can get pinkeye if they have allergies or if they get something in their eye. These types of pinkeye cannot be spread from kid-to-kid.

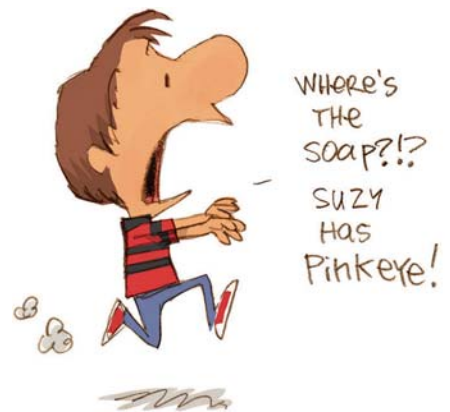
What happens if I get pinkeye?

If you have a red eye in the morning and it is itchy, you should tell your parent. You do not want to spread it to other kids. It is likely that you will visit a healthcare provider so that you can make sure you can see properly. He or she will likely also check your ears to make sure you do not also have an ear infection. You may need to put drops or ointment in your eye for about a week, depending on the cause of the pinkeye.

Word Scramble

- NEEIPKY: _____
HTYIC: _____
SRVUI: _____
EAITCABR: _____
SAWH DASNH: _____

ANSWERS: Pinkeye, Itchy, Virus, Bacteria, Wash Hands



SOURCE:

Nemours KidsHealth.
Pinkeye. May
2012. Accessed on
September 20, 2012
at http://kidshealth.org/kid/ill_injure/sick/conjunctivitis.html#

Youth
Health Bulletin

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