

EXPOSURE NOTICE* - PINK EYE (CONJUNCTIVITIS)

Date: _____

Dear Parent/Guardian:

Your child may have been exposed to PINK EYE.

General information:

Pink eye is a condition that causes inflammation or conjunctivitis of the eye that typically causes the white of the eye to become pink or red. It is most often caused by germs, like bacteria or viruses. This type of viral or bacterial conjunctivitis is contagious and can spread easily to others. Most cases of pinkeye resolve on their own, but it can cause serious complications for high-risk individuals (Ex: newborns, children under age 5, and people with weak immune systems).

What are the symptoms?

One or both eyes may have:

- Pink or red color in the white of the eye
- Swelling of the conjunctiva (the tissue that lines the white part of the eye and inside the eyelid) and/or eyelids
- Itching, irritation, gritty feeling and/or burning feeling in the eye
- Eye drainage (clear, thick white, yellow or green), crusting of eyelids or lashes, especially in the morning

What do I need to do?

- Watch your child for signs and symptoms of the disease.
- If your child develops symptoms, please call your healthcare provider, inform the school, and keep your child home. *Please follow your health care provider's instructions for home care and to prevent the spread of disease to others.*

Please talk to your Family Service Worker if you do not have a regular healthcare provider or health insurance.

**Site staff: Post this page. Follow Exposure Notice Procedure.*

ADDITIONAL INFORMATION ON PINK EYE

How is it spread?

Pink eye can spread in slightly different ways depending on the type of virus or bacteria that causes it. It usually is spread by:

- Close contact with fluid from the eyes or nose of a sick person. This could be touching, shaking hands, or being close to the person when they cough or sneeze.
- Touching contaminated items (e.g. washcloths, pillowcases, doorknobs) then touching eyes.

Symptoms of pink eye usually start within 1-3 days of being exposed to the germ and can last anywhere from 2 days to 3 weeks.

How do I prevent this disease?

The best ways to prevent getting or spreading pink eye are:

- Wash your hands often.
- Avoid touching your eyes.
- Avoid sharing personal items (towels, washcloths, pillows, glasses, etc.).
- Disinfect objects frequently touched.
- Change your pillowcases often.

When can someone with pink eye return to school/childcare?

Children with symptoms of pink eye can return to school when they:

- Have their healthcare providers' approval to return to school.
- Have started treatment if their healthcare provider prescribed it.
- Have no other signs of illness (fever, behavior change, etc).
- If they still have symptoms, are able to avoid close contact with other students.
- Pass the Daily Health Check.