



To Parent/Guardian of: \_\_\_\_\_

Conjunctivitis, or what is commonly called pink eye, is a common eye infection in young children caused by any of several bacteria or viruses. It is often difficult to distinguish pink eye from hay fever or allergies. Red eyes due to hay fever are caused by an allergic reaction to pollen or chemicals.

- What to look for:** Symptoms of pink eye are dependent upon the cause:
- Bacterial: Whites of the eyes are pink or red with white or yellow eye discharge (pus). Eyelids are often with matted or stuck together after sleep. Eye pain or redness of the eyelids may be experienced.
  - Viral: Whites of the eyes are pink with watery eye discharge. No eye pain, fever, or eyelid redness is experienced.
  - Hay Fever: Whites of the eyes may be pink and watering. Redness disappears when the allergen is removed. No matting is present.

**How the disease is spread:** The infection is spread by contact with discharges from the eyes or upper respiratory tract of the infected persons through contaminated fingers, clothing, or other articles such as mascara.

**How long after exposure a person shows symptoms:** Usually 1-3 days

**How long a person is contagious:** As long as the eyes are watering or have a discharge. Hay fever is not contagious.

**Exclude from attendance:**  
For bacterial pink eye with pus: Exclude until the child has been examined by his/her physician and until 24 hours after treatment begins.

For viral pink eye or hay fever: No exclusion is required.

Pink eye is usually not serious. Prevention is simple if you encourage frequent handwashing and proper disposal of tissues. If your child is sent home with these symptoms, please take him/her to your physician for treatment. If you have any questions regarding this note, please call your school nurse.

Thank You,

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School Nurse

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Principal