



# Billy's Bits

## **Pink Eye or Seasonal Allergies??**

This time of year, especially in the Heartland, you cannot assume that all red, irritated or swollen eyes are a case of pinkeye. These same symptoms can also be caused by seasonal allergies which are on the rise this time of year.

### **Tips on preventing eye irritations:**

Wash your hands often with soap and water—use paper towels to pull open the door as you leave public restrooms. Use hand sanitizer.

Avoid rubbing or touching your eyes with your hands unless they are clean.

Use clean towels and washcloths on your face daily.

Do not share make-up especially mascara, eyeliner, eye shadow, contact lens cases, solution etc...

### **For irritated eyes:**

Remove and discard contacts and wear glasses until the irritation is gone.

Use saline drops for dry irritated eyes.

For itchy or watery eyes try an over-the-counter antihistamine such as Claritin or Zyrtec.

### **When to be seen by your Health Care Provider:**

If you have drainage from your eye, eye pain, blurred vision or if redness is not improving each day.

Complete your prescribed antibiotic and discard eye make-up if diagnosed with an eye infection.