



Health Services Conjunctivitis at Graded

This document aims to provide information to Graded School on how to proceed when there is a case of conjunctivitis in school.

Conjunctivitis is an inflammation or infection of the transparent membrane (conjunctiva) that lines the eyelid and covers the white part of the eyeball. When small blood vessels in the conjunctiva become inflamed, they are more visible. This is what causes the whites of the eyes to appear reddish or pink. That is why conjunctivitis is commonly known as *pinkeye*.

Conjunctivitis has many causes, but in most cases it results from infection with a virus, bacterium or from a reaction to an allergen. No matter the cause, conjunctivitis always involves inflammation of the conjunctiva. But conjunctivitis also has other signs and symptoms, which may vary, depending on the cause. These signs and symptoms can be used to diagnose the type of conjunctivitis.

Though pink eye can be irritating, it rarely affects your vision. Treatments can help ease the discomfort of pink eye. Because pink eye can be contagious, early diagnosis and treatment can help limit its spread.

The most common pink eye symptoms include:

- Redness, in one or both eyes, in the white of the eye
- Itching or burning in one or both eyes
- A gritty feeling in one or both eyes
- Swollen and tender areas in front of the ears
- A discharge in one or both eyes that forms a crust during the night that may prevent the eye or eyes from opening in the morning
- Tearing

An appointment with an ophthalmologist must be schedule if any signs or symptoms are noticed. Early diagnosis and treatment can protect people around from getting conjunctivitis too.

People who wear contact lenses need to stop wearing their contacts as soon as symptoms begin.



As conjunctivitis can be highly contagious for as long as two weeks after signs and symptoms begin, the subsequent steps will be followed:

1. Students with suspicions of having conjunctivitis will be sent to the health clinic for evaluation by the nurse.
2. If the nurse suspects of conjunctivitis, the parents will be notified by a phone call from the nurse and will be asked to come pick their child up from school.
3. The parents will be provided with information about conjunctivitis.
4. The parents will be instructed to take their child to a general doctor or to an eye doctor for the correct diagnosis.
5. The doctor will then prescribe treatment and orient the family about how long the child must remain out of school in order to prevent other students from getting conjunctivitis.
6. If symptoms persist, parents must take the child back to the doctor for another evaluation.
7. A doctor's note will be necessary in order for the child to return to school, which must be given to the school nurse upon arrival, on the day the child returns to school.
8. Parents of other students in the same grade will not receive communication.

REFERENCES:

- [WebMD:Pinkeye \(Conjunctivitis\) Directory](#)
- [CDC: Preventing the Spread of Conjunctivitis](#)
- [Mayo Clinic: Pinkeye \(conjunctivitis\)](#)
- [Universidade Federal do Ceará: Conjuntivites Agudas](#)
- [Centro Paranaense de Oftalmologia: O que é conjuntivite?](#)
- [Tua Saúde: Quantos dias dura a Conjuntivite?](#)