Institute Health Centre
Date: 24-07-2023

INSTITUTE HEALTH CENTRE:-



This Monsoon Protect Your Eyes from "**CONJUNCTIVITIS**"

Symptoms to watch out for:-

1. Redness in the white of the eye or inner eye lid.
2. Watering or thick yellow /green discharge.
3. Itching, burning sensation.

PREVENTION AND CARE TIPS:-

1) Wash your hands frequently to avoid spreading of the infection.
2) Avoid touching or rubbing your eyes.
3) Do not share personal items like towels or eye makeup items.
4) Follow your Doctor's advice and complete the prescribed treatment
5) If you wear contact lenses, switch to glasses until the infection clears up.

Medical officer I/C