



DAV PUBLIC SCHOOL SECTOR 14 & 10A GURUGRAM "DAV WELLNESS"

No. PSG/Circ/1065

Dated:-26 July 2023

ADVISORY AGAINST THE SPREAD OF CONJUNCTIVITIS FOR STUDENTS, PARENTS, AND TEACHERS

As we all know that cases of conjunctivitis are on rise at an alarming rate. Due to rainy season, humid condition and water logging, cases of this common eye infection are on rise.

CONJUNCTIVITIS - Conjunctivitis is a common communicable disease and spreads mostly during the rainy season. It is an infection and inflammation of the thin protective membrane of the eye. It generally spreads through touching or contact.

SYMPTOMS - Include redness and itching in the eye, white secretion from the eyes and swelling.

HOW DO WE PREVENT IT

Do's

- Children and adults should wash their hands well and often with warm water and soap.
- Only use clean tissues and towels to wipe your face and eyes.
- Be sure to wash your own hands well after touching an infected eye.
- Wash towels and other linen that has been used, in hot water separately from the rest of the family's laundry to avoid contamination.
- Conjunctivitis can only be prevented by avoiding the irritants.
- Practising good hygiene is one of the best ways to avoid and stop the transmission of conjunctivitis.
- Wash pillow covers and your sheets frequently.
- Apply cold compress to your eyes.
- Flush your eyes regularly with clean water.
- Get adequate sleep. Hydrating well will help speed up your recovery. Follow your eye doctor's instructions.

DON'T 'S

- Avoid touching your eyes with unwashed hands whenever possible.
- Do not share eye drops, tissues, wash clothes, towels, or pillow cases.
- Don't touch your eyes with your hands.
- Change your towels regularly, and do not share them with others.
- Don't share any personal eye- care items.

WHEN TO SEEK MEDICAL CARE

Sensitivity to light or blurred vision that doesn't improve when discharge is wiped from the eyes.

PRINCIPAL