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## EYE FLU – CARE AND PREVENTION

Conjunctivitis or eye flu is generally not serious but contagious. It causes redness, itching, discharge (watery or thick), crusting that forms overnight, sensitivity to light and a gritty feeling in the eyes.



Never rub your eyes with your fingers when they itch. Touching them is the best way to infect them with microorganisms. Wash them using only clean water and eye drops can be used to relax the eyes.



Clean your eye and surrounding areas regularly to avoid infection. Avoid eye contact with dirt.



Towels or washcloths could be infected with viruses or bacteria. So, you should use your own towels. Used towels should be washed properly and should be changed frequently.



**You should avoid stress by performing relaxation techniques, such as yoga, meditation, acupuncture, massage etc.**



**When working on a computer screen, try to rest from time to time. Do not force your vision trying to read too small a text.**



**Always read in places with good light. Fluorescent light should be avoided as much as possible as it produces a continuous vibration, which can irritate your eyes.**



**Tell your children not to share eye drops, eye makeup, tissues, washcloths, towels or pillowcases with other people, including family members.**



**It is one of the most effective ways to prevent conjunctivitis. Encourage children to wash their hands throughout the day, particularly after playing with other children or handling their toys.**



**Contact lenses can be another source of bacteria and viruses that cause eye flu. Disinfect your lenses before wearing them again and throw away any disposable lenses that came into contact with the infected eye.**



**Maintain a proper healthy diet, especially a diet rich in vitamin A, vitamin B and vitamin C. Avoid toxins such as alcohol or tobacco smoking.**



**Always wear sunglasses when in the sun, wind, or cold to prevent eye irritation.**

