



**GOVERNMENT OF PAKISTAN
ISLAMABAD HEALTHCARE REGULATORY
AUTHORITY (IHRA)**



Date: 25th Sept 2023

Health Advisory: Viral Conjunctivitis

(Ashoub-e-Chasham)

What is viral conjunctivitis?

Viral conjunctivitis or commonly known as Ashoub e Chasham in our country is a highly contagious eye infection caused by viruses. It easily spreads from person to person.

Symptoms of viral conjunctivitis

Viral conjunctivitis can lead to one or more of these symptoms:

- Pink or red color of the eyes
- excessive tearing from eyes
- Discharge from the eyes can be thin yellow or thick
- Swelling of the eyelids and sticking together of eyelids in the morning
- Photophobia (unable to tolerate looking into sunlight or even room light)
- Itching burning or irritation of eyes.

How does it spread?

- Close personal contact, such as touching or shaking hands
- The air by coughing and sneezing
- Touching an object or surface with germs on it, then touching your eyes before washing your hands
- Not wearing glasses DOES NOT lead to spread of infection and it only helps to keep your own eyes comfortable in bright light

What does the treatment involve?

- If you develop viral conjunctivitis you may be treated with an antibiotic eye drop and/or a steroid eye drop.
- Treatment helps to decrease inflammation and alleviate symptoms, but the antibiotics or steroids will not treat the infection itself.
- Symptoms may be eased with a cool compress and some lubricant eye drops (artificial tears) as required.
- Some patients find it soothing to keep their lubricating eye drops refrigerated.

2nd & 3rd Floor, DMLC Building (PRCS), H-8/2, Islamabad.

Phone: 051- 9199902



**GOVERNMENT OF PAKISTAN
ISLAMABAD HEALTHCARE REGULATORY
AUTHORITY (IHRA)**



How to stop the spread of viral conjunctivitis?

- Throw away tissues that may have come into contact with eye discharge.
- Do not share your towel, face washer, pillows or soap with other people.
- Do not share your eye drops with anyone, even if they also have conjunctivitis.
- Wash your hands often with soap and warm water for at least 20 seconds. Wash them especially well before and after cleaning, or applying eye drops or ointment to, your infected eye. If soap and water are not available, use an alcohol-based hand sanitizer that contains at least 60% alcohol to clean hands.
- Wash your hands after contact with an infected person or items he or she uses; for example, wash your hands after applying eye drops or ointment to an infected person's eye(s) or after putting their bed linens in the washing machine

Things to remember

- You will remain infectious as long as there is a discharge from your eye (usually 10-14 days after the last eye becomes symptomatic).
- If you usually wear contact lenses, throw away the lenses you have been using. Do not use contacts until you have been symptom free for one week, then use fresh lenses.
- Children with conjunctivitis should be kept home from school. Symptoms may last from two days up to three weeks.

When to seek additional medical advice:

- Severe pain or sensitivity to light.
- Decreased vision.
- Redness persisting greater than 10-14 days.