



EYE (FOREIGN OBJECT IN)

Foreign objects or particles in eye

CAUSES

IRRITANTS

Very small specks of dirt or particles that enter the eye are considered harmless and normally wash away with tears or blinking. However, if the object has penetrated the eye, emergency help must be sought immediately.

Symptoms:

- Foreign object or particles in eye
- Discomfort or pain

DO:

- For small particles or dirt, blink and try to fill eye with tears in order to wash it away. You can also pull your eyelashes (with clean, washed hands), in effect pulling your eyelid down until it overlaps with the lower lid. Wait as your tears try to wash out the object.
- If the particle has not been removed after that, you can try using an eye-irrigating solution that may be bought over the counter. You can also wash your eye with clean, running water.
- Seek help if there is pain or if you feel the object has penetrated your eye.

DON'T:

- Don't rub your eyes, as it might cause an infection.
- Don't attempt to remove a foreign object that has penetrated the eye. Seek help immediately.



Letting your eyes rest by blinking or shutting them for a while is usually the simplest remedy to relieve eye irritation.

Basic Eye Care Pointers

- When reading, make sure to have a distance of 30 to 40 centimeters between your eyes and the reading material.
- Maintain proper lighting.
- Blink often. This moistens and relaxes the eyes.
- Avoid rubbing your eyes with your fingers to prevent dirt and bacteria from coming in.
- Wear sunglasses to protect your eyes from the harsh rays of the sun.
- Practise proper hygiene if you wear contact lenses.
- Let your eyes rest by shutting them for a few minutes or by looking at soothing colors like light green or blue.