



# EYE PAIN

Sharp, dull or throbbing pain in one or both eyes

## CAUSES

### EYE STRAIN

Eye strain is characterized by discomfort or pain in one or both eyes, usually after prolonged reading, using the computer or watching television. The focusing muscles of the eyes are strained after certain activities and need to rest.

#### Symptoms:

- Pain in one or both eyes
- Headache
- Burning sensation in the eyes when closed

#### DO:

- Rest your eyes for a few minutes.
- Blink to moisten your eye and relieve the strain.

#### DON'T:

- If you are wearing contact lenses, don't exceed the recommended time that you should be wearing them. Take them out as soon as you feel eye strain.

### INJURY

A punch or blow to the eye area, or any other injury, may cause eye pain. Protective gear is available to prevent this kind of injury while playing sports or working with tools.

#### Symptoms:

- Pain or discomfort in one or both eyes

#### DO:

- Seek help if you feel a foreign object has penetrated your eye or if the pain is severe and/or seems to be coming from behind your eye.

#### DON'T:

- Don't rub or touch your eye unnecessarily.
- Don't attempt to remove a foreign object that has penetrated the eye. Seek help immediately.

*If a foreign object has penetrated your eye, it is best to seek help from an eye doctor.*



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### STY

A sty is a red bump on the upper or lower eyelid. It is usually an eyelash follicle that has been infected with bacteria. The bump is filled with pus and may be mildly painful. When left alone, it will usually heal on its own.

### Symptoms:

- A swollen bump on the margin of an eyelid
- Some itching
- Some pain

### DO:

- Gently apply a warm compress to the sty for five to ten minutes at a time, three to four times a day.

### DON'T:

- Don't pick or squeeze the sty. If it has not yet completely healed, it could spread the infection and cause more to appear.



## FAINTING

Losing consciousness for a short period of time

## CAUSES

### ANEMIA

Fainting is one of the symptoms of anemia. A person is suffering from anemia if his/her blood is lacking in *hemoglobin*, which is instrumental in bringing oxygen to the tissues. An iron deficiency is most often the cause of this condition.

### Symptoms:

- Fainting spells
- Dizziness
- Paleness of the lips, mouth, inside of eyelids and nail beds
- Chest pain
- Palpitations (extraordinarily fast and strong heartbeats)
- Weight loss

### DO:

- If you feel faint, sit down and put your head between your knees or lie down and raise your feet above the level of your heart.
- Loosen the clothing you are wearing.
- Seek help to determine proper medication for anemia.
- If someone has fainted in your presence, check for breathing. If the person is not breathing, seek emergency help (and administer CPR, if you've been trained).

### DON'T:

- Don't make sudden movements right after regaining consciousness. You may feel weak after the attack and a period of rest is a must.

### HEAT EXHAUSTION

See page 9.