



# EYE (ITCH, REDNESS, DISCHARGE)

Red and itchy eyes; clear or yellowish sticky fluid discharge from the eyes

## CAUSES

### ALLERGIES

Watery eyes are common when one is having an allergy attack. For allergic reactions to dust, smoke, perfume or pollen, one may also experience sneezing fits and a runny nose.

#### Symptoms:

- Watery eyes
- Itchy and red eyes
- Sneezing
- Runny nose

#### DO:

- If the attack is mild, you can take decongestants to relieve the symptoms.
- Try antihistamines (anti-allergy medication) to help with the attack. If it is mild, however, it will subside on its own.
- Seek help to determine what you are allergic to, so you can take steps to avoid attacks in the future.

#### DON'T:

- Don't drive after taking anti-allergy medicine. The medication may cause drowsiness.
- Don't scratch your eyes or touch them unnecessarily. This may cause infection.

### SORE EYES

Also known as *conjunctivitis*, the condition occurs when the transparent membrane covering the white of the eyeball (*the conjunctiva*) becomes inflamed. Common causes of the inflammation are irritation, bacterial infection and an allergic reaction to eye make-up. The eye discharge that dries up may make the eyelids difficult to open.

#### Symptoms:

- Yellowish discharge from eyes
- Itchiness and redness in one or both eyes
- Watery eyes
- Gritty feeling in eyes
- Discomfort in presence of bright light

#### DO:

- Get some rest. If the condition is caused by an allergy, it will clear up by itself.
- Carefully wash away eye discharge with warm water.

#### DON'T:

- Don't scratch or touch your eyes unnecessarily, since it will contribute to the spread of infection. Conjunctivitis is highly contagious.
- If you are infected, don't shake hands or share towels with other people.