

ADENOVIRAL CONJUNCTIVITIS

Ophthalmology Department Greenlane Clinical Centre

**Patient information and advice
on Adenoviral Conjunctivitis**

(Viral conjunctivitis)

Adenovirus conjunctivitis is a viral infection which can cause red eyes, foreign body sensation and profuse mucopurulent (pus like) discharge. There may also be eyelid swelling. This is a highly contagious condition. It is most important to limit the spread of the virus for your family, workplace and community.

How is it spread?

By close contact with someone infected with the virus or touching something they may have touched e.g. door handles, magazines, telephones, keyboards and ukuleles.

How long is it contagious?

You should assume it is contagious until the redness and discharge has settled.

How is it treated?

There is little we can do to alter the natural history of the infection. It is usually self-limiting (will stop by itself) over 7-21 days.

Cold packs and lubricant eye drops, such as, artificial tears may help your eye/s more comfortable

Rest if you are feeling unwell

We recommend:

Avoid touching or rubbing your eyes: it can be passed from one eye to the other eye.

Do not share towels or face cloths.

Use paper tissues, not handkerchiefs, to lightly dab at your eye if needed, one for each eye and throw it away in the bin immediately

Wash you hands frequently and limit shaking hands with others

Stay off work until your doctor has given you the all clear.

Avoid close contact with others and be careful when handling young children