

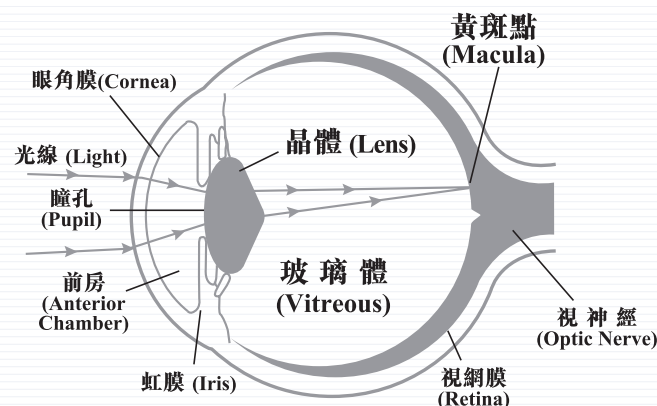
- Although infectious conjunctivitis will not lead to visual impairment, it is highly contagious and preventive measures are important
- To prevent spreading of the infection to others
 - Thoroughly wash hands before and after applying eye medications
 - Avoid rubbing the eyes with your hands
 - Do not share towels, handkerchiefs, cosmetics or eyedrops with others
 - Thoroughly disinfect towels, handkerchiefs and other items contaminated by the eye discharge such as boiling the above items for at least 30 minutes
 - Stay away from school, camp and the swimming pool until recovery

Remark

Conjunctivitis can also be induced by chemical irritation such as the cleansing solution of contact lens; chlorinated solution or gas; insecticide or other air pollutants. One should stay away from known allergens or wear protective goggles. If eyes are affected by chemical substances, one should rinse the eyes with water immediately and seek medical advice. This may help to avoid having visual complication.

Should you have any queries, please consult your doctor during follow-up

Information provided by Department of Ophthalmology, Grantham Hospital



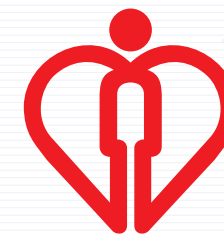
眼球縱切面圖

港島西聯網眼科服務簡介

港島西眼科專業人員，包括眼科醫生、護士、視光師及視覺矯正師等等，為市民提供全面的眼科服務。此外，我們亦負責策劃和推行區內眼科服務的長遠發展。並培訓眼科醫護專職人員，提升市民的健康質素。

 葛量洪醫院
Grantham Hospital
☎ 2518 2111


 瑪麗醫院
Queen Mary Hospital
☎ 2255 3111



醫院管理局
HOSPITAL
AUTHORITY



傳染性急性結膜炎 ACUTE INFECTIOUS CONJUNCTIVITIS (RED EYE)

 葛量洪醫院 Grantham Hospital	Pamphlet Topic & Department Code
Ownership	HKWC/ Ophthalmology-13
Last review/revision	Apr/2023
Approval Group	HKWC information Pamphlet Working Group
Distribution	As requested

傳染性急性結膜炎

簡介

結膜炎是覆蓋著眼瞼內方及眼球正面的薄膜(即結膜)發炎。結膜炎有幾種形式，最常見的傳染性急性結膜炎，俗稱「紅眼症」，由各稱不同的過濾性病毒或細菌感染所致。潛伏期一般是1-2日，視乎不同病原而異。

- 初期病徵：眼睛刺癢、有異物感、結膜充血、或眼部分泌物增加
- 後期病徵：畏光、流淚、眼瞼顯著腫脹、結膜嚴重水腫或出血
- 雙眼可以同時或先後發病
- 當眼部分泌物及充血消失後，表示病人經已康復
- 病情因不同病原而異，一般會在一至二星期內可痊癒

癒護理及建議

- 應盡快求診，須按醫生處方用藥及休息
- 避免強光刺激眼部
- 傳染性急性結膜炎雖然不會造成明顯視力障礙，但由於傳染性極強，預防工作是非常重要的

預防方法包括：

- 須注意個人衛生，常保持雙手清潔及避免用手拭眼，用藥前後必需洗手
- 切勿與家人共用洗面用具，例如：毛巾、面盆等。應把個人用品分開放置
- 患者使用過的毛巾、洗面用具及接觸過眼部分泌物的物件需用水煮30分鐘消毒
- 不要使用公共設施，例如泳池等，以免將疾病傳染他人

備註

結膜炎除了可由病毒或細菌感染引起外，亦可因對藥物敏感或受到化學物品的刺激所導致，例如：隱形眼鏡清潔液、氯氣、殺蟲藥或其他空氣污染物等。因此應避免接觸引致過敏的物品和在有需要時戴護目鏡。若眼睛已接觸到刺激物品，應立刻用清水沖洗眼睛和求醫治理，避免發生併發症，影響視力。

如有其他疑問，可於覆診時向醫生查詢以上資料由葛量洪醫院眼科部門提供

ACUTE INFECTIOUS CONJUNCTIVITIS (RED EYE)

Introduction

The inflammation of the transparent layer covering the inner surfaces of the eyelid and the front part of the eyeball is called acute infectious conjunctivitis (red eye). Acute infectious conjunctivitis is the most common type of eye infection. It is mainly caused by viral or bacterial infection. Depending on the source of infection, the usual incubation period is around one to two days.

- Early presentations include acute onset of redness, grittiness, foreign body sensation and discharge
- Late presentations include photophobia, tearing, swelling of the lid, oedema and haemorrhage of the conjunctiva
- It may involve both eyes simultaneously or respectively
- Depending on the cause, recovery usually takes one to two weeks when the eye discharge and redness resolved.

Care & Advice

- Seek treatment promptly
- Instill eye medications prescribed by the doctor regularly and rest
- Avoid bright light