

Always **wash hands**
after touching the
infected eyes.

Do not share
flannels or towels.



The school nurse, or your local GP practice nurse, are an able source of good medical advice on how to treat your child, they can also liaise with the GP if they need further assistance.

If you are out of hours or can not get an appointment at your GP practice you can access your local Walk in Centre.

Find your local Pharmacist / GP/ Dentist

<http://www.nhs.uk/service directories/pages/service search.aspx>

NHS Direct 0845 4647 www.nhsdirect.nhs.uk

Minor Injury Units (MIU)

Clacton – 9am to 9pm – 7 days a week

Harwich – 9am to 5pm – 7 days a week

MIU only treat the following:

- Sprains and strains
- Broken bones
- Wound infections
- Minor burns and scalds
- Minor head injuries
- Insect and animal bites
- Minor eye injuries
- Injuries to the back, shoulder and chest

Fryatt Hospital and Mayflower Medical Centre,

419 Main Road, Harwich, Essex, CO12 4EX Tel: **01255 201201**

Clacton and District Hospital,

Tower Road, Clacton On Sea, Essex, CO15 1LH Tel: **01255 201717**

Walk in Centre (WIC)

Colchester – 7am to 10pm – 7 days a week

WIC only treat the following:

- Infection and rashes
- Lacerations
- Emergency contraception and advice
- Stomach upsets
- Cuts and bruises
- Burns and strains

North Colchester Healthcare Centre,

Colchester Primary Care Centre, Turner Road, Colchester, Essex, CO4 5JR Tel: **01206 314015**

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Common Child Conditions Styes & Conjunctivitis

Tendring South Schools

Promoting Positive Partnerships



NHS

North East Essex

Styes...

A stye, is a small abscess (painful collection of pus) on the eyelid. It appears as a painful lump on the outside of the eyelid or the inside of the eyelid.

A stye is fairly common and often gets better without any treatment in one to three weeks, particularly after it bursts and has released some pus. Most styes should go away on their own within one to three weeks. Do not try to burst the stye yourself. In the meantime, try the treatments listed below to ease your symptoms.

Warm compress

You can use a warm compress to treat your stye. A warm compress is a cloth or flannel warmed with warm water. **Do not use scalding (very hot) water.**

Hold the warm compress over the affected eye for 5 to 10 minutes

Repeat this three or four times a day until the stye either clears up or releases some pus

The warmth of the compress encourages the stye to release any pus, which will drain away. After this, your symptoms should quickly improve.

Your pharmacist could advise you on suitable painkillers if the stye is particularly uncomfortable for your child. Your pharmacist would also tell you if you should take your child to the GP. Your child will be able to attend school while they have a stye, other children will not catch it from your child.

Conjunctivitis...

Conjunctivitis is a very common eye infection. The chances are that your child will suffer from it at least once during their formative years.

Conjunctivitis usually starts in one eye then spreads to the other if it is infectious in origin.

Allergic conjunctivitis – most commonly seen with hay fever – usually starts in both eyes at the same time and is not infectious.

Conjunctivitis isn't usually serious. In the vast majority of cases it clears up quickly with the help of a course of eye drops, your child will still be able to attend school.

Conjunctivitis is infectious. In other words it can pass from one eye to the other, and from one person to another, through rubbing your eyes on shared towels. Check with your school on their policy for sending your child to school for infectious conditions.

Good hygiene can prevent spreading, always wash hands after touching the infected eyes. Do not share flannels or towels.

Your child may also suffer from conjunctivitis in response to certain medicines, foods, swimming pool chemicals or smoky environment or fumes.

Your child is likely to have **red, itchy eyes** and **sticky eyelids**. You will also probably notice that your child's eyes are watering more than usual, and may have a discharge. You are more likely to notice this first thing in the morning when your child is likely to wake up with crusting over their eyelids.

If it is allergy the discharge is watery and clear, if it is infectious the discharge will likely be yellow.



If your child wakes up with encrusted eyes, bathe them gently with clean cotton wool soaked in boiled, cooled water. Start in the corner of the eye, and gently wipe to the outer eye. Use a separate piece of cotton wool for each eye to prevent spreading the infection. Make sure your child does not share towels or flannels with anyone else in the family to contain the infection.

Your child should be able to attend school. Check with your school on their policy for infectious conditions. With careful hand washing and avoiding rubbing this eyes this should not spread.

Please contact your local pharmacist or optician for treatment advice in the first instance, they would be able to recommend an over the counter product to ease the symptoms, or advise if you need to see your practice nurse or GP.