

Radio Production Guide

Conjunctivitis (types, signs and symptoms and treatment)

1. Fact Sheet

What is conjunctivitis?

- Conjunctivitis or “pink eye” is inflammation of the conjunctiva, the thin, filmy membrane that covers the white of your eye
- The conjunctiva, which produces mucus to coat and lubricate the surface of the eye, contains fine blood vessels that can be seen on close inspection
- When the conjunctiva becomes irritated or inflamed, the blood vessels, which supply it, enlarge and become more prominent, causing the eye to turn red

[\(Kellogg Eye Center\)](#)

Types of conjunctivitis

- **Bacterial conjunctivitis** is most often caused by the same type of bacteria that cause strep throat and staph infections.
- **Viral conjunctivitis**, on the other hand, is usually the result of one of the viruses that cause the common cold.
- **Allergic conjunctivitis**, such as pollen, can cause pink eye in one or both of your eyes. They stimulate your body to create more histamines, which cause inflammation as a part of your body’s response to what it thinks is an infection. In turn, this causes allergic conjunctivitis. Allergic conjunctivitis is usually itchy.

[\(Healthline\)](#)

Symptoms of conjunctivitis

- Pinkness or redness in the eye
- Red, inflamed inner eyelids
- Blurred vision
- Sandy or scratchy feeling in the eye
- Pus, mucous, or watery discharge from the eye

If you think you or your child might have conjunctivitis, it's important to see your health care provider to learn what's causing it and how to treat it. Other serious eye conditions can have similar symptoms, so a child who complains of severe pain, changes in

eyesight, swelling around the eyes, or sensitivity to light should be examined. You should also do the following:

- Keep your hands away from your eyes
- Seek treatment from a doctor promptly
- Thoroughly wash your hands before and after applying eye medications
- Do not share towels, washcloths, cosmetics, or eyedrops with others
- Small children, who may forget these precautions, should be kept away from school, camp, and the swimming pool until the condition is cured

[\(Kellogg Eye Center\)](#)

Did you know?

- Bacterial and viral conjunctivitis are very common and highly contagious
- Allergic conjunctivitis is not contagious
- Newborns are at risk for conjunctivitis and can develop serious health complications if it's not treated
- It can be hard to get kids to tolerate eye drops several times a day. If you're having trouble, put the drops on the inner corner of your child's closed eye — then when your child opens the eye and blinks the medicine will flow into it.

[\(KidsHealth\)](#)

What you can do!

Treatment:

- Infectious conjunctivitis, caused by bacteria, usually is treated with antibiotic eye drops and/or ointment.
- Other infectious forms, caused by viruses, can't be treated with antibiotics. They must be fought off by your body's immune system. But some antibiotics may be prescribed to prevent secondary bacterial infections from developing.
- When treating allergic and chemical forms of conjunctivitis, the cause of the allergy or irritation must first be removed. For instance, avoid contact with any animal if it causes an allergic reaction. In cases where these measures won't work, eye drops are usually available to help relieve the discomfort. [\(Kellogg Eye Center\)](#)
- In the meantime, using a warm compress, or cloth moistened with warm water, can help soothe your symptoms.

If your child has conjunctivitis, it's a good idea to keep them out of school for at least 24 hours after they start treatment to keep them from spreading conjunctivitis to others.

[\(Healthline\)](#)

Resources

- [A way to administer eye drops to a child](#)
- [What are the different types of allergic conjunctivitis?](#)
- [How is allergic conjunctivitis treated?](#)
- Remember to check out local resources: newspapers, community-based organisations and medical providers!

2. Mini Radio Guide and Formats

Preparing for the show

Different ways to talk about cataracts

- Ways to identify signs and symptoms of allergic and bacterial conjunctivitis
- Causes and types of conjunctivitis
- How to treat allergic and bacterial conjunctivitis
- Myths and traditional remedies

Choose an angle

-----> Ways to encourage early treatment of allergic and bacterial conjunctivitis

Different ways to talk about encouraging treatment of allergic and bacterial conjunctivitis

- What are the signs of allergic and bacterial conjunctivitis?
- What to do when you or someone you know is experiencing symptoms
- Where do you go for examines and treatment?

FORMATS

Interview

Interviews aim: To ask the interviewee/s questions and have a discussion around the show topic. Keep an eye on the time! Try to keep interviews to about 6 minutes.

Who do you talk to: An eye doctor or doctor from a local clinic

Suggested questions for your interview with someone who knows about cataracts and eye health (local eye doctor, clinic doctor or nurse):

- ★ What is conjunctivitis?
- ★ What are the differences between allergic, bacterial and viral conjunctivitis?
- ★ What are the symptoms of conjunctivitis?
- ★ Can babies and children get conjunctivitis?
- ★ What are signs of conjunctivitis in babies or children that adults can look out for?
- ★ What are the consequences of babies or children not being treated for conjunctivitis
- ★ How do doctors typically treat conjunctivitis in children and babies?

Please see interview questions in “How to present your show”

PSA

The aim of a PSA: To create a public awareness message. Keep your PSA short and sweet! Allot about 30 seconds and do not exceed 45 seconds for a PSA.

Voice 1: Joseph, your eye is looking really red. Are you ok?

Voice 2: [Little kid voice] No, Dad, it feels like I got some sand in it or something. I woke up this morning and it was like this.

Voice 1: Hmm, it could be conjunctivitis... Let's get that checked out by the doctor before you go to school. I've heard some kinds of conjunctivitis spreads quickly - best to take care of it soon.

Character: Watery, itchy, pinkness or redness in the eye or eyes may point to conjunctivitis. Conjunctivitis is common and some types are very contagious. If you think you or your child has conjunctivitis seek the advice of a medical professional to diagnosis and give you the best way to treat the issue quickly.