

## **Allergic Conjunctivitis**

Allergic conjunctivitis is an eye allergy. Symptoms include red, itchy, burning, watery eyes. Some people have a mucus discharge from their eyes in the morning, puffy eyelids, or a rubbing feeling in their eyes.

The following things will help relieve the symptoms:

- Do NOT rub your eyes!
- Use cold packs on your eyes when they feel irritated. You could use a jar of ice water or a cold can pressed against the closed eye until it is numb. Then do the same to the other eye.

Remember there is no cure for eye allergies. They are caused by irritants in the air like sand, dust, or pollen. Eye drops such as Visine do not help. Cold packs are the treatment that will help you get better.

*TCIMC 5/01*

Patient Education Codes:  
AL-DP and EYE-TX