



Information Guide

Ophthalmology

Eye infection

How to avoid an eye infection?

- Wash your hands thoroughly and often.
- Avoid touching your face and your eyes; if you need to, wash your hands before.
- Avoid eye make-up if ordered by your physician; do not share make-up.
- Do not share facecloths, towels, pillows and sheets with others; use clean facecloths every day.
- In case of infection, do not wear contact lenses, clean and disinfect the lens and the storage container before next use.
- Do not share contact lenses or any other eyewear and products.
- Do not share your eye drops and other eye medication; talk with your doctor and pharmacist about the appropriate storage method.
- Always protect your eyes against wind, heat, dust, etc.
- Wear safety glasses when using chemical products.
- If you touch somebody else's eyes, wear gloves or wash your hands before and after.

Notify your physician or ophthalmologist about any new ocular symptom:

- · Redness of the eyes.
- Persistent itch.
- Discomfort.
- Sensation of foreign object in eye.
- · Light sensitivity.
- Blurry vision.
- Watery eyes.
- Eye discharge/secretions.
- · Ocular pain.
- · Swollen eyelids.

Personal notes :		

This guide makes recommendations in accordance with the scientific information available at the time of its publication, i.e. May 15th 2013. However, these recommendations are in no way a substitute for the judgment of a clinician. If you have any questions, we invite you to contact your healthcare professional. If in one way or another you misuse the information contained in this document, the CHU de Québec cannot be held responsible for any damages of any kind in this regard.



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