

Adenoviral Conjunctivitis (Adenovirus)

What is Adenoviral Conjunctivitis?

The doctor or nurse practitioner has diagnosed you as suffering from a condition called viral conjunctivitis which is caused by adenovirus.

A viral infection is a condition which should get better on its own; however, it may last for a period of 6-8 weeks. Symptoms can often be relieved with treatment.

How will I feel?

You may feel generally unwell, with some flu like signs and symptoms, which may include:

- Sore throat
- Jaw pain
- Gritty sensation and watering eyes

The glands near your ears may be swollen and tender to touch. You may find that your eyes are sensitive to light and that your vision is blurred. This will get better, but may take weeks or even months to do so. Wearing sunglasses may help.

Alleviating Symptoms

- Try to rest as much as possible and drink plenty of fluids as this helps recovery.
- Artificial teardrops may be prescribed to alleviate the gritty sensation in your eyes. This is caused by inflamed areas underneath your eyelids. It is important that the drops are used frequently, hourly at first, in order to obtain some relief from the discomfort.

- Antibiotic drops may be used to treat any secondary bacterial infection (where the eye becomes sticky). These will be prescribed if the doctor or nurse practitioner feels they are required.

At Home

The virus can spread to other people very easily. Avoid touching your eyes; if you do so, wash your hands thoroughly afterwards. If possible, try to put in your own eye drops, washing your hands thoroughly before and afterwards. The same applies if somebody else puts your eye drops in for you.

Use paper tissues rather than handkerchiefs and dispose of them safely straight away. This helps to reduce the spread of infection.

Do not share your towels, face cloths, or pillowslips. These should be changed daily and washed separately in hot water or using the hot cycle of the washing machine.

Finally

You may suffer from dry, gritty eyes for up to twelve months following this infection. If this occurs, regular use of artificial teardrops will help to alleviate this.

If you require further advice or do not understand anything contained in this information leaflet please contact the Emergency Eye Department on (0161) 276 5597 available every day between 8.00am - 9.00pm.

If your problem is urgent and the department above is closed or you are unable to get an answer, please contact Ward 55 on (0161) 276 5512 available 24 hours every day.