Pink Eye Illness Notification Recommendations

The verbiage below can be used to notify parents of *two or more cases of pink eye in a classroom*. Include this fact sheet with the notification: milivcounty.gov/wp-content/uploads/Pink-Eye.pdf.

School Name: (Include school name here)
Classroom: (Include classroom name here)

Date: (Include date here)

Dear Parent and/or Guardian:

Several students in your child's classroom have been diagnosed with pink eye (conjunctivitis).

About Pink Eye (Conjunctivitis):
Pink eye can be caused by allergies, a viral infection, or bacterial infection. Allergic pink eye is not contagious. Viral and bacterial pink eye can spread from person to person.

Pink eye spreads through close personal contact like shaking hands. It can also spread through the air by coughing or sneezing or by touching objects or surfaces with germs on it, then touching your eyes before washing your hands.

Common symptoms include crusts that form on the eyelid overnight, a gritty feeling in the eyes, redness in the eye, sensitivity to light, and increased tearing.

Tips to Reduce the Spread of Pink Eye:

- Children should avoid group activities if they have pink eye associated with a fever. They should stay home for at least 24 hours after their fever resolves without the use of fever-reducing medication. If a fever is not present and the child is healthy enough to participate in activities, they do not need to stay home.
- Reinforce with your child the importance of avoiding touching their eyes.
- Change pillowcases and sheets often. Do not share towels, washcloths, handkerchiefs, eye drops, or cosmetics. Handle and clean contact lenses properly.
- Encourage good hand hygiene. Wash hands with soap and water for at least 20 seconds.
- Clean surfaces with soap and water. Then use a store-bought disinfectant or homemade solution, being sure to leave disinfectant on the surface for one minute before wiping dry. To make a homemade disinfectant solution: combine 1 gallon of water with 1/3 cup household bleach.
- Wash and dry clothing, linens, towels, and soft toys at the highest temperature recommended for the fabric.
- Read When and How to Clean/Disinfect Your Home.

If you have any questions, contact your healthcare provider or Livingston County Health Department at 517-546-6882.