

Epidemic Keratoconjunctivitis

Pink Eye

Information for Patients, Families, and Visitors

Why am I receiving this pamphlet?

You have been diagnosed with an eye infection called Epidemic Keratoconjunctivitis. This infection is caused by a virus called Adenovirus. EKC is highly contagious and can be difficult to treat. The information contained in this pamphlet will help you understand how to prevent the spread of EKC to others.



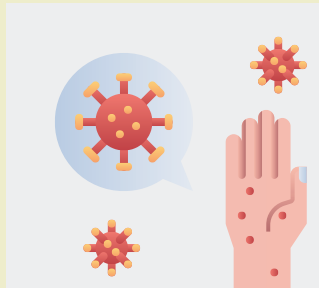
What is Epidemic Keratoconjunctivitis (EKC)?

EKC, commonly known as pink eye, is a viral infection of the eyes. Symptoms of EKC include:

- Pink or red color of the white of the eye(s)
- Swelling
- Increased tear production
- Itching, burning and irritation
- Discharge (pus or mucous)
- Crusting of eyelids or lashes, especially in the morning

How did I get it? How long does it last?

EKC spreads through direct contact with contaminated surfaces, equipment or unclean hands. This may include close personal contact with an infected individual or by touching an object or surface with germs on it then touching your eyes before washing your hands. Symptoms can develop within three to fourteen days of exposure to EKC. Your doctor will recommend appropriate medications to treat your eye infection. It can take up to 3 weeks for the infection to resolve with treatment.



How do I prevent others from getting EKC?

- Wash your hands often with alcohol based hand rub or soap and water.
- Avoid touching or rubbing your eyes
- With clean hands, wash any discharge from around your eye(s) several times a day using a clean, wet washcloth or fresh cotton ball. Discard cotton ball(s) after use. Wash used washcloths with hot water and detergent after use.
- Do not share the same eye drop dispenser/bottle for your infected and non-infected eyes.
- Wash pillowcases, sheets, washcloths and towels often, in hot water and detergent. Wash your hands after.
- Stop wearing contact lenses until your doctor says it is okay to start wearing them again.
- Clean, store and replace your contact lenses as directed by your doctor.
- Do not share personal items with others, such as pillows, washcloths, towels, eye drops, eye or face makeup, makeup brushes, contact lenses, contact lens storage cases or eyeglasses.
- Do not use swimming pools or hot tubs.



How to Prevent the Spread of Infection in Healthcare Facilities and Home

What will happen if I am admitted to hospital or I live in Long-Term Care?

- You will be on Contact Precautions until your symptoms have resolved.
- Healthcare providers will wear a gown and gloves when providing your care.
- Healthcare providers will wash their hands before and after providing your care.
- Your family and visitors will be asked to clean their hands when entering and leaving your room.
- Your family and visitors will wear a gown and gloves if they help with your care.

What will happen if I am attending an outpatient clinic?

- Let your healthcare provider know that you have EKC.
- Clean your hands when entering and exiting a healthcare facility.
- All Healthcare providers will wash their hand before and after providing care.
- Healthcare providers may wear a gown and gloves when providing care.



What will happen when I go home?

- Let your healthcare provider know you have EKC.
- Your healthcare provider will wear a gown and gloves when providing your care until your symptoms have resolved.
- Healthcare providers will clean their hands before and after providing care.
- Maintain good personal hygiene, bathe regularly with soap and water and wear clean clothes.
- Clean and disinfect frequently touch surfaces in your home often.
- Wash your hands regularly with soap and water or alcohol based hand rub.
- Remind your family and visitors to wash their hands regularly with soap and water or alcohol-based hand rub.