### HAVING GOOD EYES

#### 1. EYE CARE
- Proper eye care is important
- Rinse eyes only with clean, boiled water that has cooled
- Don’t rub your eyes with dirty hands
- If you get something in your eye, blink rapidly and flush with clean, boiled water as needed

### COMMON EYE PROBLEMS

#### 1. INFECTIONS
- **PROBLEM:** Eye infections are caused by many different things
- Conjunctivitis is the most common eye infection. This is an infection that occurs on the inner eye lid and in the corner of the eye.
- Common causes of eye infections
  - Viral – watery discharge and redness; treated with good hygiene.
  - Bacterial – pus; treated with antibiotics.
  - Fungal – usually serious; treated with anti-fungal medicine special for the eye.
  - Allergic – caused by something in the environment; keep eyes moist.
  - Sexually transmitted diseases may cause serious eye infections in newborn babies
- Eye infections are very contagious
  - Wash hands before touching other people.
  - Wash anything that comes in contact with your eye – like the cloth you might wipe your eye with.
  - Keep the infected eye clean by flushing with clean water and wiping the eye with a clean cloth or gauze.
### 2. NEWBORN CONJUNCTIVITIS
- **PROBLEM:** Vaginal infections like gonorrhea of mother will pass to baby during child birth. Risk factors include blindness of baby.
- **TREATMENT:** Mothers should deliver with a doctor or get eye medicine for baby immediately

### 3. STY
- **PROBLEM:** Swollen lump on eyelid.
- **TREATMENT:** Put salt in warm water to make compress and apply to closed eye.

### 4. PTERYGIUM
- **PROBLEM:** A fleshy thickening on eye surface grows.
- **TREATMENT:** Can only be removed by doctor. Cold clean water on towel can soothe itching/burning.

### 5. CORNEAL SCAR
- **PROBLEM:** Previous damage to eye can cause scar or ulcer.
- **TREATMENT:** Must be cared for. Seek doctor if problems occur or blindness may result.

### 6. CATARACT
- **PROBLEM:** Lens of eye becomes cloudy.
- **TREATMENT:** Surgery. Can only be removed by doctor.

### 7. RIVER BLINDNESS
- **PROBLEM:** Tiny worms get into eyes from fly bites. Lumps under skin become visible. Eyes get red, watery, then painful and itchy.
- **PREVENTION:** Avoid areas where flies bite.
- **TREATMENT:** Medication.
# Preventing Eye Problems

1. **Wash Face with Soap Every Day**
   - Washing face every day will help prevent eye infections such as conjunctivitis. This is very contagious and spreads easily.
   - Use clean water and don’t get soap in your eyes.

2. **Protect Eyes from Sun**
   - Exposure to sun can damage your eyes and lead to problems.
   - Shade your eyes with a hat or sunglasses.
   - When working in a field keep your back toward the sun to minimize direct eye-to-sun exposure.
   - Do not look directly into the sun.

3. **Wear Glasses to Read**

4. **Drink Water**
   - Headaches are sometimes caused from reading. Try reading glasses. If headaches go away continue use of glasses.
   - To avoid dry itchy eyes stay hydrated.

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# Treating Eye Problems

1. **Flush Eye from Foreign Substance**
   - If a chemical or dust particle gets into the eye, it is important to flush the eye immediately.
   - Use only clean, boiled water that has cooled.
   - Continue flushing for 30 minutes.
   - Do not let water get into other eye.

2. **Remove Dirt from Eye**
   - Be careful removing dirt to not scratch or damage eye.
   - Close eyes and look left, right, up and down. Open eye. Often more tears will allow dirt to come out without contact.
   - Flood eye with clean water.
   - Turn lid up and wipe with a clean cloth.
| 3. KEEP EYE CLOSED | • Go for medical help.  
|                    | • If you have damage to an eye you can wear an eye patch made of clean soft dry gauze to speed the healing.  
|                    | • Many eye infections require medicine. It is important to go to a doctor to prevent further eye damage or the potential of blindness caused by many eye infections. |
| 3. SEE A DOCTOR    |

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### POSTER:

| Protect Your Eyes From Sun and Dust | Use Clean Water And Soap To Wash Your Face  
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- Wash Your Hands Before You Touch Your Eyes
- Eye Infections
- Newborn Babies Need Special Medicine
- Foreign Substance In Eyes
  - Flush And Cover

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**INTERNATIONAL MEDICAL RELIEF**

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# Presenter Points:

## Presentation Ideas
- Use poster and follow presentation
- Use a bottle with clean water and soap to demonstrate running water when washing hands
- Demonstrate how to flush eyes after cleaning water

## Group Project Ideas
- Make a tippy tap for a bottle to clean hands
- Teach rapid, forceful blinking
- Teach clean water and flushing

## Give-Away Ideas

### For Patients:
- Soap
- Tipple Taps
- Lubricating drops

### For Community:
- Poster
- Teaching tools used in class

# Background Research for Presenter:

- WWW.IMRUS.ORG