



OKUMELE UKWAZI NGESIFO SOPHENYANE

- Uphenyane lungabangela ukuthi iso lakho libe bomvu noma libe pink
- Ukuluma kwamehlo kungakuphazamisa kodwa ngeke kwenze ukuthi ugcine ungaboni impilo yakho yonke
- Ukwelashwa kungasiza ekudambiseni uphenyane
- Uphenyane luyathelelana, ukusheshe uthole usizo lwezempilo kunganciphisa amathuba okuthi lubhebhetheke

QAPHELA IZINKOMBA ZOPHENYANE

- Ukushintsha kweso lakho libe bomvu noma libe pink
- Ukuzizwa unobuhlungu emehlweni
- Ukuzwa amehlo akho eshisa futhi eluma
- Ukuphuma izinyembezi
- Ukuphuma kwezimbici noma izintongo emehlweni
(okusaketshezi oluphuzi, noma olumhlophe okanye oluluhlaza)
- Ukuvuvukala kwamehlo

IZINDLELA ZOKUVIMBELA UPHENYANE

- Gcina izandla zakho zihlanzekile
- Gwema ukuthinta amehlo akho
- Gwema izindawo ezinabantu abaningi



Uma usola ukuthi unophenyane, vakashela umtholampilo oseduzane



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PINK EYE AWARENESS

WHAT YOU NEED TO KNOW ABOUT PINK EYE

- Pink eye is most often caused by a viral infection also known as viral conjunctivitis
- Though pink eye can be irritating, it rarely affects your vision
- Treatment can help ease the discomfort of pink eye
- Pink eye can be contagious, getting an early diagnosis and taking precautions can help limit its spread

BE AWARE OF PINK EYE SYMPTOMS

- Pink or red discoloration in one or both eyes
- Gritty feeling in one or both eyes
- Itching, irritation and a burning sensation in one or both eyes
- Increased shedding of tears
- Thick yellow, white or green discharge from the eyes
- Swelling of the eyelids

WAYS TO PREVENT PINK EYE

- Maintain personal hygiene
- Avoid touching your eyes
- Try to avoid crowded places



If you suspect that you have pink eye, visit your nearest healthcare facility



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