

Pink eye 101

Tips to care for pink eye at home.



OC24health is here for you

Allergies, viruses, or bacteria can cause pink eye, also known as conjunctivitis. If you or your child have pink eye, here are some tips to ease the symptoms:

1. Try a warm or cold compress, whatever feels better
2. Use lubricating eye drops – look for the kind that say “artificial tears”
3. Skip wearing contact lenses until symptoms clear up
4. Wash clothes and pillowcases often

For faster relief from pink eye symptoms, remember you have access to OC24health 24/7.

 [OC24health.com](https://www.OC24health.com) |  Download the app |  855.617.2116

Use your account to:

- Talk to a doctor/provider 24/7, anytime, anywhere.
- Get a diagnosis of your symptoms, treatment plan, and a prescription when needed.
- Download the app and enjoy the convenience of quality care on the go.



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If you or a covered dependent has a fever, cough or shortness of breath, call your doctor right away or video chat with one of our doctors or providers 24/7 through the OC24 app.

Staying informed can keep our communities safe. For the most up-to-date information about COVID-19, visit the Centers for Disease Control and Prevention (CDC) website at www.cdc.gov.