



UK Health  
Security  
Agency

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2 December 2021

Dear Parent or Guardian,

This letter is to inform you that there are several children in our nursery with conjunctivitis.

Conjunctivitis is usually spread from person to person by coming into contact with the discharge from the eye. Conjunctivitis also known as “Red eye” is inflammation of the thin layer of tissue that covers the front of the eye (the conjunctiva) It is a very common self-limiting condition that can be caused by a bacterial or a viral infection (infective conjunctivitis). Conjunctivitis can also be caused by allergic reaction to substances such as pollen and dust or when the eye is exposed to irritants including chlorinated water and shampoo.

Symptoms of conjunctivitis are:

- swelling and watering of the eyes,
- burning sensation,
- feeling of grit in the eye
- itchy eyes in the case of allergic conjunctivitis
- The white of the eye may appear red or pink, and there may be a discharge, which causes the eyelids to stick together, making them difficult to open.
- Light might cause pain in the eye and increase the watery discharge.

UKHSA advises that you do not need to stay away from work, school or nursery if you or your child has conjunctivitis, unless you are feeling particularly unwell.

Conjunctivitis often doesn't require treatment as the symptoms usually clear up within a couple of weeks. However, if the symptoms persist or get worse, see your GP.

Washing your hands regularly and avoiding sharing pillows or towels will help prevent it spreading.

Yours faithfully,

South West Health Protection Team

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