

Eyes

Sticky or gritty eyes

How can I ease my symptoms?

- Soothe eye infections with a clean warm or cold damp flannel
- Boil water and let it cool down before you gently wipe your eyelashes to clean off crusts with a clean cotton wool pad (1 piece for each eye)
- Do not wear contact lenses until the infection has cleared

How long could my infection last?

- 2 weeks