

## Eye allergies

During spring and summer, some individuals may suffer from eye redness, persistent itching sensation in the eyes, as well as an inability to see clearly.

### Symptoms:

- Itchiness
- Redness and swelling of the conjunctiva
- Increased eye discharge
- Dry eyes
- Tearing or runny eyes

### Causes:

- Pollen (from trees, grass and different plantings) that increases during springtime.
- Wind carrying dirt and dust.
- High temperatures and exposure to sunlight (especially ultraviolet rays) during summer.
- Air pollutants such as vehicle exhaust gases and others.

### Treatment:

If you suffer from eye allergies, it's important to see an optometrist so that he can determine the type of allergy you have and provide you with the appropriate treatment.

For example, antihistamines can be prescribed to reduce itchiness and tears, and in more severe cases cortisone eye drops may be prescribed.

### Prevention:

- Get enough rest and sleep to improve your overall health and to maintain your eye health in particular.
- Stay away from allergens, especially pollen, dirt and dust.



وزارة الصحة  
Ministry of Health

- Avoid sunlight, high temperatures, air pollutants, and places that can flare up your allergies.
- Apply cold water compresses to the eye several times a day.
- Use high quality sunglasses that provide proper protection from dirt, dust and harsh sunlight.
- Avoid using contact lenses as they may aggravate allergy symptoms.
- Women should avoid wearing any cosmetic products that can cause eye allergies.
- Avoid rubbing the eyes in case of itchiness, and try washing them with clean water instead.
- Use medical gauze or cotton to clean the eyelids. Ointments and eyedrops may also be used to clean the eyes more efficiently if prescribed by a doctor.
- In case the eyes get swollen, try doing a special eyelid massage.

**Clinical Health Education Department**

For further questions kindly contact us via email:

[Hpromotion@moh.gov.sa](mailto:Hpromotion@moh.gov.sa)