

EYE DISCHARGE / IRRITATION

Discharge in the eyes following sleep commonly accompanies a head cold, especially in a younger child or infant. If the eye does not appear bloodshot and is mainly watery appearing after wiping the matter away with a warm washcloth or cotton balls, no further treatment is necessary. The tear duct is likely clogged and can't drain the tears normally, so they cake onto the eyelashes during sleep. No infection is present in the eye. Be alert for changes, however.

Eyes that are uncomfortable, red, or have *continuous discharge* during the day most likely have conjunctivitis, which may be caused by a bacterial or viral infection.