



EYE ALLERGY AWARENESS



by IAP ALLERGY AND APPLIED IMMUNOLOGY CHAPTER

Protect Your Eyes, Protect Your Vision !

? What Are Eye Allergies?

Eye allergies (also called allergic conjunctivitis) happen when your eyes react to allergens (like pollen, dust, or pet dander).

→ Your immune system overreacts, releasing histamine, which causes irritation.

! Common Symptoms

- ✓ Redness 🙄
- ✓ Itching 🧑
- ✓ Watery eyes 💧
- ✓ Burning sensation 🔥
- ✓ Swollen eyelids 😞

(Tip: Symptoms usually affect both eyes, unlike infections which may affect one eye more.)

🌿 Common Triggers

- 🌱 Pollen – grass, trees, weeds
- 🐾 Pet dander – cats, dogs
- 🧹 Dust mites – in bedding/carpets
- ☁️ Mold spores – damp areas
- 🚬 Irritants – smoke, perfume, cosmetics, contact lenses

🛡️ How to Prevent Flare-ups

- 🏠 Keep windows closed during high pollen season
- 🕶️ Wear sunglasses outdoors to block allergens
- 🧼 Wash hands & face after outdoor activities
- 🛏️ Use dust-proof covers on pillows & mattresses
- 🐕 Keep pets out of bedrooms
- 💧 Use preservative-free lubricating eye drops

💊 Treatment Options

- 💠 Eye drops: Artificial tears, antihistamine drops, Mast cell stabilizers, steroid drops
- 💠 Cold compress: Relieves itching & swelling
- 💠 Allergen Avoidance and Immunotherapy in consultation with an Allergist.

(! Always take medications as per advice of your Eye or Allergy Specialist Doctor)

📌 Key Takeaway

Eye allergies are common but manageable. With prevention, proper care, and medical guidance, you can keep your eyes healthy & comfortable!

