

# How to Prevent Pink Eye - Thewebserve Health News

When conjunctiva – the eye outermost layer covering sclera – becomes inflamed, it is highly certain that you are catching pink eye . According to doctors, the eye outermost layer is responsible for assisting eye lubrication produce tears as well as mucus, preventing harmful elements from destroying eye. Therefore, when this part is affected, not only inflammation but also redness, swelling sensation and irritation will appear and cause you a number of troubles. In fact, pink eye is also called conjunctivitis and it is divided into 3 main types, namely: viral pink eye, bacterial pink eye and allergic pink eye. From these name, we can easily see the reasons leading to pink eye, they are viruses, bacteria as well as reaction to allergy. Whatever reasons pink eye comes from, it all causes sufferers many inconveniences.

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The treatment for pink eye, however, is not complicated, especially when your problem is just at the beginning. Here are top 7 tips on how to prevent pink eye which you can apply at home.

## 1. Honey

The list of home remedies taking effect on preventing pink eye should never lack honey. In fact, honey is a powerful antibacterial element, thus, it can address bacterial pink eye effectively. Moreover, honey can also serve an antibiotic herbal medicine, as a result, it will reduce inflammation as well as irritation caused by this problem well.

Honey – How to Prevent Pink Eye

- Soak a cotton ball into honey
- Apply it directly into your affected eye
- Leave it on 10 minutes
- Rinse off with clean water

## 2. Potato

More than a cooking ingredient, potato can effectively prevent pink eye thanks to its astringent qualities.

Potato – How to Prevent Pink Eye

- Cut potatoes into some thick slices
- Place them into your affected eyes
- Wait for 15-20 minutes
- Wash off with lukewarm water

## 3. Goldenseal

Goldenseal is a valuable source of not only anti-inflammatory but also antimicrobial as well as astringent qualities, therefore, it can support to prevent pink eye caused by any reasons perfectly.

Goldenseal – How to Prevent Pink Eye

- Add 2 spoons of goldenseal powder into a glass of boiling water
- Put the solution into an eye dropper
- Have some drops of goldenseal water into your affected eye daily

## 4. Black Tea

Another home remedy which help prevent pink eye effectively is black tea. As we all know, black tea is loaded with bioflavonoids, therefore, it can assist the fight against bacteria as well as fungus responsible for your pink eye well.

Black Tea – How to Prevent Pink Eye

- Soak some tea bags into boiling water
- Let it steep in 5 minutes
- Remove the bags
- Rinse off your affected eye with the tea

## 5. Calendula

Whenever you feel annoyed by pink eye symptoms, it is highly recommended that you apply calendula. It is believed that the combination of antiviral and antibacterial qualities found in this special flower will do wonder for anyone catching pink eye by preventing irritation, redness as well as increasing vision effectively.

Calendula – How to Prevent Pink Eye

- Let some spoons of calendula flowers steep in boiling water
- Leave it on 5-10 minutes
- Strain the solution after waiting for it to cool

- Use it to wash your eye throughout

## 6. Apple Cider Vinegar

Apple cider vinegar is well-known for its ability to maintain pH level, hence, it can effectively serve as way to prevent pink eye. Moreover, apple cider vinegar can also take effect on removing bacteria causing pink eye.

Apple Cider Vinegar – How to Prevent Pink Eye

- Mix apple cider vinegar and water with 1:1 ratio
- Wash your eyes with the solution daily

## 7. Aloe Vera

There is no need to feel over anxious about the state of your pink eye because you can lean on the help of a very simple ingredient: aloe Vera. It is beloved that soothing quality presented in aloe Vera will take responsibility to remove inflammation, redness as well as irritation caused by this trouble efficiently.

Aloe Vera – How to Prevent Pink Eye

- Apply aloe Vera gel into your affected eye
- Leave it on 30 minutes
- Clean your eye with water