

## An update on eyes and COVID-19.

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### Description

COVID-19 is a respiratory ailment caused by the novel coronavirus that is causing the pandemic. Fever, coughing, and breathing issues are the most prevalent symptoms. It can also induce conjunctivitis, which is an infection of the eye.

Doctors believe that 1% to 3% of people with COVID-19 will develop conjunctivitis, also known as pink eye, based on data so far. The virus attacks the conjunctiva, a tissue that covers the white part of your eye and the inside of your eyelids. If your eyes are red or itchy and swollen this is a sign.

If you have conjunctivitis, it does not always indicate that you have COVID-19. The many different viruses, bacteria, chemicals, and allergens that can irritate your eyes are the most likely causes.

The several types of conjunctivitis clear up in about 1-2 weeks with over-the-counter treatments.

However, if you also have a fever, cough, or shortness of breath, consult your doctor to determine what, if anything, you need to do. Call ahead of time to see if it is safe for you to visit a hospital or health centre and for any arrival suggestions.

SARS-CoV-2 is a new coronavirus that spreads primarily through droplets from a cough or sneeze. These particles usually enter your body through your nose or mouth, as well as your eyes. It is also possible to contract the virus if you come into contact with a contaminated countertop, doorknob, or other surface. However, this does not appear to be the primary method by which the virus spreads.

If you have COVID-19 conjunctivitis and touch your eyes, you may infect others with SARS-CoV-2 if you then touch people or surfaces without washing or disinfecting your hands. Touch your face sparingly, especially the mucous membranes in your mouth, nose, and eyes.

Many doctors temporarily stopped their offices save for emergency care earlier in the outbreak. To find out if your doctor's office accepts routine visits, call or go online. You should still see your doctor especially if you have diabetes, if you notice any eye symptoms,

Diabetic retinopathy, headache, Loss of vision or changes like blank spots or flashes, nausea, Painful or red eyes, Macular degeneration, Regular eye injections, and vomiting.

Make sure to wash your hands frequently and stay at home whenever possible, just like everyone else. If you go out, stay a safe distance of 6 feet from other people and wear a mask. It may also be beneficial to:

**Contact lenses:** There is no indication that wearing contacts increases your risk of COVID-19 infection compared to wearing eyeglasses. However, you should continue to wear and care for them with proper hygiene. Before putting them in or pulling them out, wash your hands.

**Put on your spectacles.** Any breathing droplets may be protected by the lenses of your glasses. Try sunglasses if you don't have any. Wear safety glasses or goggles if you're caring for someone who is ill.

**Stock up on eye drops.** Check with your insurance company to see if you can get glaucoma drops and other important medications filled ahead of time. It's possible that you'll be able to get a three-month supply. If you need assistance, consult your doctor or pharmacist.

**Don't squint or touch your eyes.** It's a difficult habit to break. Itching may be relieved by using moisturising drops. Before and after you do it, wash your hands for 20 seconds. If you have to touch your eyes, do so using a tissue rather than your fingers.

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