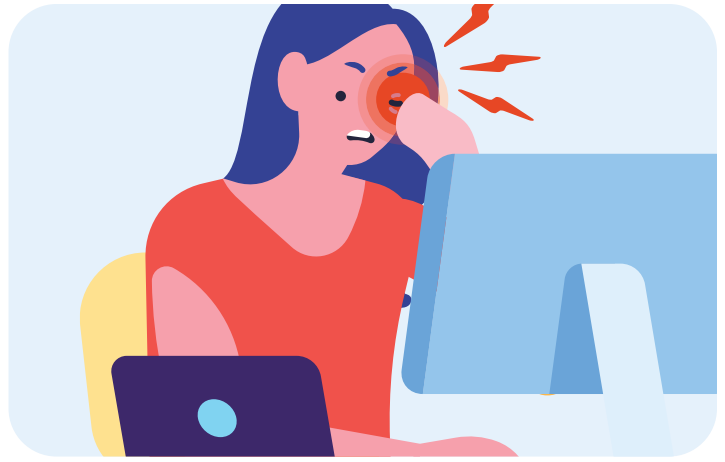


Eye Pain



EMERGENCY: CALL **911** IF

- There is an object in your eye.
- Your eye appears smaller or larger.
- Your eyesight has deteriorated significantly in the last 24 hours.
- You have a great deal of pain in your eye.
- You have trouble moving your eye in all directions (right, left, up, down).
- You are unable to tolerate light.

When to seek **professional** help

- You have pain in one eye or every time you blink.
- You are experiencing gradual vision changes and are having problems seeing far away or up close.
- You have a scratch in your eye.
- There is yellow discharge coming from your eye.
- There is an eyelash, a bug or a grain of sand stuck under your eyelid.
- Your eye is red.
- You see spots floating that are interfering with your vision.

How to get **help**

- Call your optometrist
- 24/7, dial **811**
- Call your pharmacist
- Call your clinic to make an appointment
- If you do not have a doctor, dial **811 option 3**
- Find an appointment on rvsq.gouv.qc.ca

This booklet is not intended to replace the advice of a medical professional, nor is it intended to be a substitute for medical care.

All content available on sante.quebec

The pain can be in or around the eye. Oftentimes, the pain is caused by fatigue, a scratch or allergies.

What to do at home



Rest: Reduce your screen time.



Compresses: Ask your pharmacist if you should apply a cool or a hot compress with a clean cloth.



Glasses: Wear your glasses instead of your contact lenses.



Precautions: Do not touch your eyes. If you have to, wash your hands before doing so.



Tears: Blink more or use artificial tears.



Allergies: Avoid whatever is triggering your allergies.