

## Take care of ear infections!

Here is why...

- Your child's ear drum can break.
- Your child can lose hearing for a short time or even forever.
- Your child may have learning problems in school when she/he is older.
- The infection can spread to other parts of the body.

## You can prevent ear infections

- Breast-feed your baby. Mother's milk helps babies fight infections
- If you bottle-feed your baby, feed baby with it's head up. Do **not** feed when the baby is lying down
- Do not prop up the bottle
- Do not let your child sleep with a bottle
- Keep your child away from cigarette smoke
- Keep away from others who are sick

Where to call?

- Your local hospital or clinic



WHITERIVER  
HOSPITAL



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(Otitis Media) OM-DP,P,M,L

# Middle Ear Infection



## What to look for...

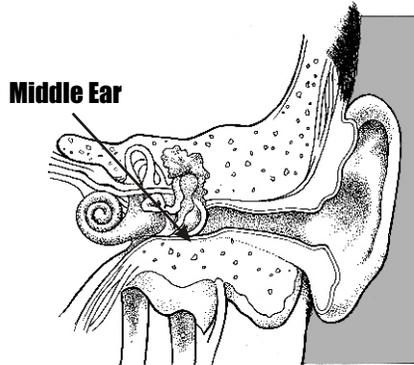
These are things that may show that there is an ear infection:

### In babies

- Pulling or tugging of the ear
- Runny nose or cough
- Crying or fussy
- Fever (skin is hot)
- Diarrhea or vomiting

### In older children and adults

- Ear pain
- Hearing loss
- Pus or blood coming from ear



## What causes ear infections?

Germs (bacteria or viruses) collect in the back of the eardrum (middle ear). Fluid builds up and causes pressure, swelling, pain and fever.

## What can I do if I think that my child or I have a middle ear infection?

If your child has ear pain and a fever, come to the clinic to see a doctor right away.



## Other things you can do:

- Hold a dry, warm cloth over the ear. This helps the pain
- Ask a doctor what medicines might help. Use them—be sure to read directions on the label!
- If given ear drops, use them up
- If your child is not better in 2 to 3 days after seeing a doctor, come back to The clinic
- Be sure to come for your follow-up doctor visit—even if your child is better

## Not all ear infections need antibiotics!

If you are given an antibiotic medicine, take **all** the pills! The medicine keeps working to kill the germs even after your child feels better.

## Medicines that can help ear infections

- Ear drops—help pain and infection
- Acetaminophen (a-ce-ta-min-o-phen)—helps pain and fever
- Diphenhydramine (di-phen-hy-dra-mine)—helps runny nose and cough
- Cough syrup—helps cough
- Antibiotic—needed for some kinds of infections

