

# EAR INFECTIONS IN CHILDREN

Middle ear infections (otitis media) are common in children between 6 months and 3 years. Ear infections are usually not serious or contagious and often happens when a child has had a cold or flu for a few days.

## CAUSES

Viruses or bacteria causes middle ear infection. Germs travel from the back of the throat to the middle ear through the eustachian tube when it is swollen.



## HOW DO I KNOW MY CHILD HAS AN EAR INFECTION?



- Trouble sleeping, eating or drinking
- Tugging or pulling at their ears
- Fluid draining from the ear
- Fever
- Fussiness

## WHEN SHOULD I SEE A HEALTHCARE PROFESSIONAL?

If the earache, especially when combined with fever, is not getting better after a couple of days, you should definitely consider visiting a healthcare professional.

Do not give over-the-counter medications with the exception of medications used to treat fever such as ibuprofen and acetaminophen to babies and children under 6 years without consulting a healthcare professional.

Treatment will depend on the type of otitis media. Not all kinds are treated with antibiotics. Most healthcare professionals will prescribe medicine for pain relief and first wait to see if the infection clears on its own within a few days before prescribing antibiotics.

