



MIDDLE EAR INFECTION

What is a Middle Ear Infection?

Most ear infections occur in small children and start inside of the middle ear. This can be painful due to inflammation or fluid buildup in the middle of the ear. Sometimes when you have a cold fluid gets trapped in the middle ear, which may cause an ear infection. This infection can be either a bacterial or viral infection. It is best to see your doctor for treatment of your symptoms.

What are the symptoms?

Your child may have one or more of the following symptoms:

- Ear Pain
- Fever
- Loss of appetite
- Trouble Sleeping
- Popping, ringing or a feeling of pressure in the ear
- Trouble hearing
- Dizziness or problems maintaining balance

See your child's doctor if your child's symptoms do not improve. Contact your child's doctor if your child is not getting better and has a fever over 101 degrees lasting 2 days. Your child's doctor may prescribe an antibiotic to treat the infection. All prescribed antibiotics should be completed as instructed.

How can I avoid a Middle Ear Infection?

Middle ear infections are not contagious. Most often, it is caused by the common cold, which is contagious. Practice proper handwashing. Try to stay away from others with a cold or flu.

What to try at home:

- Drink plenty of fluids like water, broth, and juice
- Over the counter pain medicine may also help.
- Elevate your child's head at night to make breathing easier
- Make sure your child is getting plenty of sleep to help fight infections
- Try using a warm washcloth on your child's ear to help with pain.