

EDUCATION ON CALL

# Ear Infections



Ear infections often start with a cold virus or other illness. This can lead to redness, swelling, and a little fluid in your child's middle ear. Learn more about ear infection symptoms and treatment—and how you can help prevent them—below.



### Know the signs

Ear infections are usually painful, making it hard for a child to eat and sleep. Children may also rub their ears, have temper tantrums, or develop a fever (a temperature of 100.4°F or higher).



### Relieve the pain

Pediatric TYLENOL® and MOTRIN® products can help soothe your child's ear pain. Give either pain reliever as soon as you know your child has an ear infection, and especially before bedtime since lying down can increase pain. Ask your doctor for his or her recommendation on which pain reliever to use.



### Watch and wait

70% of ear infections get better within a few days. Antibiotics won't relieve ear pain right away, and most children's ear infections resolve without them.



**Ear infections are more common in early childhood**, when inner ears and immune systems are still developing. Always call the doctor if your child is showing signs of ear pain or has fluid coming out of the ear, or if you have any questions or concerns.

## Help protect little ears from infection

### Steps you can take

- **Help children stay healthy.** Encourage frequent hand-washing and keep them away from others who are sick.
- **Stay up to date on immunizations.** The infant pneumococcal and meningitis vaccines help lower the risk for ear infections. An annual flu vaccine for children over 6 months of age can also help.
- **Don't let children drink from bottles or cups while lying down.** This lets fluid and germs flow into the middle ear.
- **Keep children away from cigarette smoke.** The fumes and dust increase a child's risk for fluid buildup in the ear and infection.

When ear infections are a concern, TYLENOL® and MOTRIN® are

# Always On Call

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