

Plan Logo

Variable Information

Antibiotics and
your child's health

Now Hear This! A Guide to Ear Infections



Children don't "catch" ear infections from other people. Instead, they develop ear infections from the same germs that give them stuffy noses and coughs.

Why do they hurt so much?

Because trapped fluid and swelling put pressure on the eardrum.

Common symptoms of ear infections

- Cold symptoms
- Not wanting to lie down
- Ear pain or hearing loss
- Waking during the night
- Fussiness
- Fever

Fluid in the middle ear

Fluid in the middle ear ("otitis media with effusion") is a type of ear infection young children often get. This ear infection usually doesn't hurt and almost always heals on its own. **It doesn't need to be treated with antibiotics unless it lasts for a few months and is causing decreased hearing in both ears.**

Acute ear infections

Some children get ear infections ("acute otitis media") when trapped fluid is infected with bacteria in the middle ear. **Antibiotics usually help this type of infection.** Sometimes your doctor might wait to see if the infection gets better on its own before giving a prescription. Always give the antibiotic to your child for as long as the doctor tells you to, even if your child feels better, or the infection could come back.

Avoiding frequent antibiotic use

Your doctor knows the best treatment for your child. Experts agree that antibiotics should not be used unless absolutely needed. Taking a lot of antibiotics can make it harder to cure future infections.

E S I C R E X E S Y
 T U F V A O T D L H
 V I T A M I N S E T
 B S I E U A C E E L
 F G U R H P X U P A
 Z A F H R Q A S O E
 H Y S D I J L S V H
 W A T E R W E I B X
 W N O I T I R T U N

Find these healthy words in the scramble*:

Exercise
Fruit
Health
Water
Nutrition
Relax
Sleep
Tissues
Vitamins
Wash hands

*Words can be found forwards, backwards, up, down, and diagonally.

Knock, knock.

Knock, knock.
 Who's there?
Hutch.
 Hutch who?
Bless you!

Knock, knock.
 Who's there?
Anita.
 Anita who?
Anita tissue!

Knock, knock.
 Who's there?
Stan.
 Stan who?
Stan back—
I have to sneeze!

My bug needs no drug

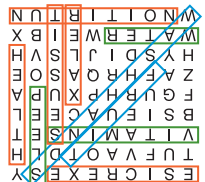


Why was the nose tired?

Answer: Because it kept running!

It's important to always follow your doctor's instructions. The health information on this sheet is not a substitute for medical care. If you have any questions after reading this sheet, please talk to your doctor or your healthcare professional.

This material is sponsored by Abbott Laboratories to help the public learn more about the appropriate use of antibiotics.



Answers:

