

## What causes fluid or pus from ears?

Discharge from ears is mostly due to infection. DO NOT ignore fluid or pus coming from the ear. CONSULT a doctor or health worker immediately.



### Remember

Ear infections can be treated. ACT WITHOUT DELAY



## What should I do for the ear pain?

**GO TO** a doctor or health worker who can check your ears.

### DO NOT



Put anything in the ear



Put hot or cold oil into the ear



Use home remedies



Use ear drops that have not been prescribed by a health worker or doctor

# Care for your ears

## DO



Clean the outer part of your ear with a soft cloth



Go to the doctor or health worker in case of ear pain, discharge, or any difficulty in hearing



Only use medicines prescribed by a health worker or doctor



Use ear plugs in noisy places to protect your hearing

## DON'T



Put inside your ear

Q-tips/cotton buds  
Hopi candles  
Sticks

Oils  
Home remedies



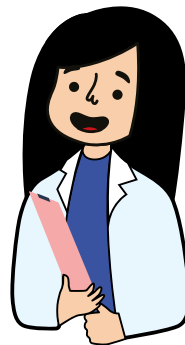
Swim or wash in dirty water



Share ear phones or ear plugs with others



Listen to loud sounds or music



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WHO/UCN/NCD/SDR 20.8

[https://www.who.int/health-topics/hearing-loss#tab=tab\\_1](https://www.who.int/health-topics/hearing-loss#tab=tab_1)

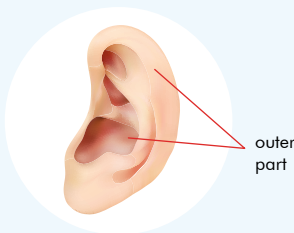
# Ear Care

## Answers to frequently asked questions



## Should I clean my ears regularly?

The inside part of the ear is self-cleaning. You should **ONLY** clean the outer part of your ear with a soft cloth or cotton



## When does wax need to be removed from the ear?

Sometimes when wax gets collected in the ear and becomes hard, it may need to be removed. Wax removal should **ONLY** be done by a trained health worker or doctor.



## Is it a problem to use Q-tips or cotton buds?

You should **NOT** insert Q-tips or cotton buds inside your ears. They may push wax further inside the ear canal and damage the ear drum. Sometimes, the cotton may remain behind and cause infection.



### Remember

Q-tips are only meant to clean the outer part of the ear without going into the ear canal

## What should I do if my ears feel itchy or if an insect enters my ear?

If you have a lot of itching or if you have any foreign body or insect in the ear, you should consult a doctor. Using Q-tips or cotton buds can harm the ear canal and ear drum.



## What should I do when water goes into my ear?

Water mostly comes out on its own after a while. If it persists or happens frequently, seek advice from a doctor.

This could happen if there is wax blocking your ear canal, as it can trap water inside. The wax may need to be removed by a doctor.



## What causes ear pain?

Ear pain is commonly caused by:

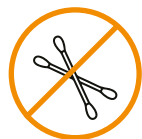


Hard impacted wax



Infection in the ear

## DO NOT insert anything inside the ear:



Q-tips or cotton buds



Oil



Sticks



Hopi candles

## What is ear wax? Should it be removed?

Wax is a normal secretion of the ear. It helps to trap dirt, hair and foreign particles that enter the ear. It protects the ear and keeps it clean. Normally, there is **NO NEED** to remove ear wax.

At times, fullness in the ear may be caused by fluid collected inside the ear

