

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
- Oils
- Hopi candles
- Home remedies
- Sticks



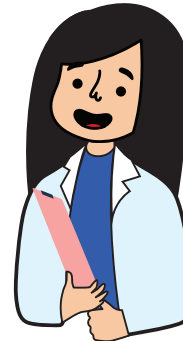
Swim or wash in dirty water



Share ear phones or ear plugs with others



Listen to loud sounds or music



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WHO/UCN/NCD/SDR 23.5
https://www.who.int/health-topics/hearing-loss#tab=tab_1



hearWHO
 Check your hearing regularly



World Health Organization

Tips for healthy ears

DO

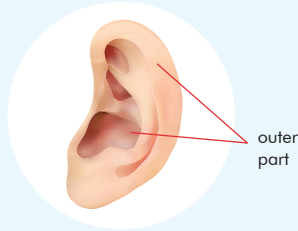


DON'T



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



DO NOT insert anything inside the ear:



Q-tips or cotton buds



Oil



Sticks



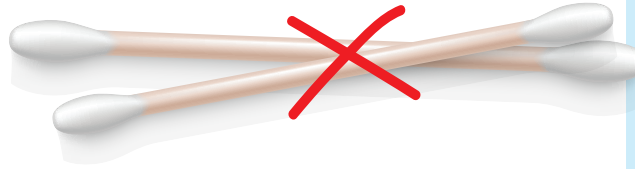
Hopi candles

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.

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 or healthworker.

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 or healthworker.



What causes ear pain?

Ear pain is commonly caused by:



Hard impacted wax



Infection in the ear

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

