

EAR INFECTION

HOW LONG WILL IT LAST? 4 days

HOW SERIOUS IS IT? Minor

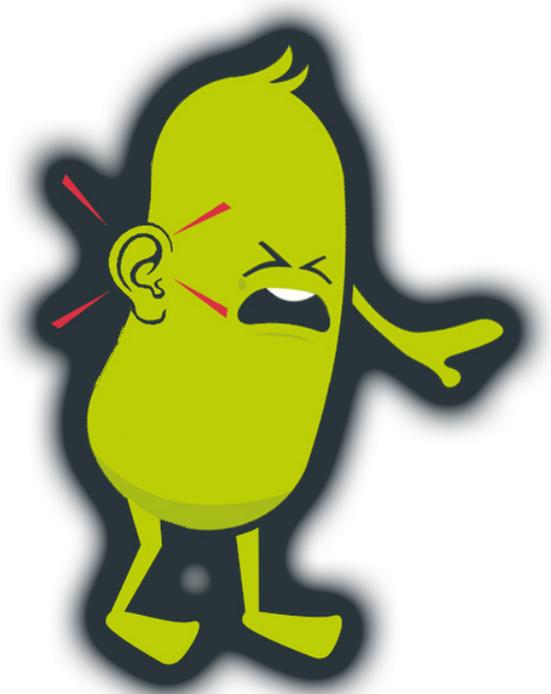
CAN I STILL GO TO SCHOOL? Yes

WHAT IS IT?

Middle ear infection is very common, mostly affecting small children aged between six and 18 months.

Behind the ear drum is a small space that's usually filled with air: the middle ear. When germs (such as viruses or bacteria) enter during a cold, an ear infection can develop.

A hole may form in the ear drum and cause infected thick fluid (pus) to run out of the ear. This usually relieves the pain as it reduces the pressure on the ear drum. If this occurs protect the ear from water for at least eight weeks.



HOW DO I TREAT IT?

- Use painkillers
- Avoid over- or under-dressing your feverish child. Make sure your room temperature isn't too high.
- Offer your child regular fluids.
- If you're a breastfeeding mother offer as many feeds as she/he will take.
- Avoid dummies and feeding while lying flat.
- Check your child when sleeping and at night for signs of serious illness.

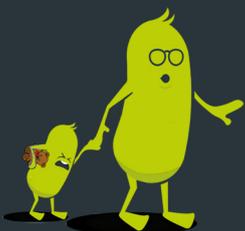
MEDICINES:

You can give either paracetamol or ibuprofen but not routinely – just to reduce body temperature – and never at the same time!

WHEN DO I NEED MEDICAL ATTENTION?

Contact your GP surgery for urgent advice if you notice one or more of the following:

- A body temperature over 38°C in children age 0-3 months or over 39°C in children age 3-6 months.
- Your child is generally unwell or doesn't start to improve after four days.
- Fluid leaks out of the ear.
- Your child shows additional symptoms, such as being sick repeatedly, feeling dizzy, a stiff neck.
- **If your child has a rash that doesn't fade on pressure (press a tumbler against the rash to see if it disappears), slurred speech, confusion, seizures (fits), and/or is sensitive to light this is an emergency!**



DON'T FORGET!

Your GP practice will offer same day appointments for children if you call in the morning.