

Tips to help prevent ear infections

One of the most common reasons parents visit the emergency room is for a child's ear infection. Ear infections can be painful and cause a high fever in children and adults. They can also affect sleep and balance. There are simple things you can do at home to prevent them.

Keep Ears and Hands Clean.

Most ear infections start with a cold. Washing hands and using hand sanitizer can help prevent spreading germs. Keeping your ears clean can also help. Wash the visible parts of the ear with soap and water. Then use a towel to dry them.

Use a Humidifier.

Ear infections happen frequently when you or your child has a sore throat or allergies. This can make it hard for your ear to drain fluid and cause an ear infection. Using a humidifier can help ease congestion. This helps clear sinuses. Try propping your head while sleeping to ease congestion.

Keep Immune System Healthy.

Preventing viral infections helps reduce the risk of ear infections. Keep immunizations up to date and get the flu shot each year. Eat foods high in vitamin C and protein to fight off illness.

Signs of An Ear Infection:

- Pulling on ears
- Fever
- Congestion
- Trouble sleeping
- Muffled hearing
- Inner ear pain

Most commonly, an ear infection is caused by fluid in the ear. Lots of times this fluid will go away on its own. Check with your Primary Care Provider (PCP) or Pediatrician if you think you or your child has an ear infection. Treatment depends on the symptoms and type of ear infection. If pain or fever last longer than 48 hours contact your PCP.

