

My child has an ear infection, I need ~~antibiotics~~ **self help!**

Don't become resistant

The unnecessary use of antibiotics will slow down resistance, which means antibiotics are less likely to work at times when you really need them. Not all infections need antibiotics, your body has its own defence mechanisms to help fight infections.

If your child is experiencing the following symptoms they may have a middle ear infection:

- Earache
- High temperature
- Sickness
- Lethargy
- Slight hearing loss
- In some cases, pus may leak out of the ear, caused by the build up of fluid stretching the ear drum which causes a perforated eardrum; this will resolve.

In babies, signs may include:

- Pulling, rubbing or tugging at their ear
- Restlessness, irritability or poor feeding
- Coughing
- Runny nose
- Diarrhea
- Hearing loss
- Loss of balance

Think **self help** and do the following:

- Give your child regular fluids or if you are breastfeeding, feed as often as your child will take it.
- Give paracetamol or ibuprofen if your child is in pain or appears distressed
- Keep your child cool, turn down the central heating
- Check your child regularly and at night for signs of a serious illness

You should get help if you are concerned or develop any of the following symptoms:

- Your child has a high temperature 38°C or over in children aged 0-3 months and 39°C in children aged 3-6 months
- Your child remains unwell with no signs of improvement after four days

- Your child starts vomiting, is dizzy, has a stiff neck, develops a rash, has slurred speech, becomes confused or is sensitive to light.
- Fluid leaks out of the ear

Call your practice or dial 111 for advice

Remember, your pharmacist can help in assessing your symptoms.