

Your Ears: A Gateway to Serious Infection

Your ears are a vital part of your body, allowing you to hear, balance, and communicate. But did you know that your ears are also a gateway to serious infection?



Swimmer's Ear: How to Protect Your Ears From Serious Infection: Basics for Beginners (Health Matters Book 11) by Evelyn Trimborn

★★★★★ 5 out of 5

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Ear infections are common, especially in children. In fact, about 50% of children will experience at least one ear infection by the time they are 3 years old.

While most ear infections are not serious, some can lead to serious complications, such as hearing loss, meningitis, and even death.

That's why it's important to take steps to protect your ears from infection.

Here are some tips to help you prevent ear infections:

- **Wash your hands frequently.** This is one of the best ways to prevent the spread of bacteria and viruses that can cause ear infections.
- **Avoid swimming in polluted water.** Bacteria and viruses in polluted water can easily enter your ears and cause infection.
- **Don't put anything in your ears.** This includes cotton swabs, bobby pins, and other objects that can damage your ear canal and make you more susceptible to infection.
- **Get vaccinated against Haemophilus influenzae type b (Hib) and Streptococcus pneumoniae.** These bacteria are two of the most common causes of ear infections in children.
- **Breastfeed your baby.** Breast milk contains antibodies that can help protect your baby from ear infections.

If you do develop an ear infection, it's important to see a doctor right away.

Treatment for ear infections typically includes antibiotics. In some cases, surgery may be necessary to drain fluid from the ear or to repair a damaged eardrum.

By following these tips, you can help protect your ears from serious infection and keep your hearing healthy.

Additional Resources

- Centers for Disease Control and Prevention: Ear Infections
- American Academy of Pediatrics: Ear Infections
- Johns Hopkins Medicine: Ear Infections



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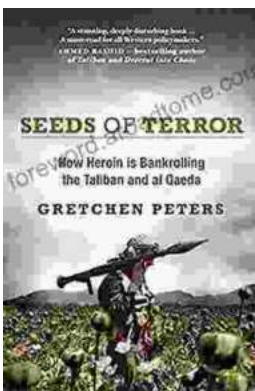
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