

# How to have healthy ears

Thanks for letting the Environmental Health Practitioner into your home to help you find ways to stop sickness in your home. This information will help prevent sore ears and keep your family healthy and safe.

Your ears can get a disease called otitis media which is an inflammation or infection in the middle ear. Otitis media can start from a cold, sore throat or respiratory infection.



## 1 The importance of good hygiene

Whenever you wash your hands, wash your face as well with soap and clean water. Dry with your own towel. Hang your towel on a towel hook or towel rail.



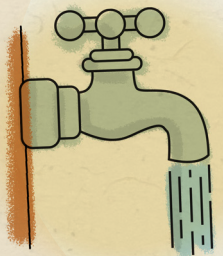
## 2 If you can, breastfeed your baby

Breastfeeding will help to protect your baby's ears from sickness.



## 3 Don't smoke near your children

Protecting your children from cigarette smoke, will also help to protect their ears.



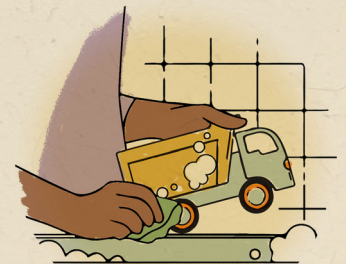
## 4 Make sure your taps and shower are working and you have hot water

If they are not working, call your Housing Provider or your Aboriginal Environmental Health Practitioner.



## 5 Get your kids to blow their nose until empty

Blowing your nose might make your ears pop and this will help to drain any fluid stuck in your ear. Make sure to put the tissue in the bin.



## 6 Wash toys often

Washing toys often will help to stop germs and reduce the chance of getting a cold or other respiratory infection.

**If your ears keep hurting, go to the clinic.**