

# How to recognize & treat EAR INFECTIONS



## SYMPTOMS

Watch for symptoms during and after a child has a cold or the flu.

- Ear pain
- Pulling on ears
- Irritability
- Fussiness
- Fever
- Decreased appetite
- Problems or pain swallowing
- Decreased activity/energy
- Vomiting and diarrhea (in infants)



## WHAT TO DO

### See a doctor if:

Child is 24 months or younger  
**OR SHOWS ANY** of these symptoms:

- Fever above 100.4° F
- A lot of pain
- Complaining of pain in both ears

### Don't need to see a doctor if:

Child is older than 24 months  
**AND MEETS ALL** of these criteria:

- Not a lot of pain
- Temperature below 100.4° F
- Otherwise healthy



## PAIN RELIEF

### Treat pain and fever with:

- Ibuprofen
- Acetaminophen

### Watch for:

- Signs of more pain
- Infection spreading to other ear
- Higher fever

*Never hesitate to call your child's health care provider if you are uncertain or if symptoms persist.*

