



## You have told us your child has an Ear Infection

You may be confident to care for your child and know what steps to take. If not, we hope this information will be useful.



**advice says:** Ear infections are very common, particularly in children. You do not always need to see a GP for an ear infection as they often get better on their own within 3 days.

The symptoms of an ear infection usually start quickly and include:	Young children and babies with an ear infection may also:
<ul style="list-style-type: none"><li>• pain inside the ear</li><li>• a high temperature (38C or above)</li><li>• being sick</li><li>• a lack of energy</li><li>• difficulty hearing</li><li>• discharge running out of the ear</li><li>• a feeling of pressure or fullness inside the ear</li><li>• itching and irritation in and around the ear</li><li>• scaly skin in and around the ear</li></ul>	<ul style="list-style-type: none"><li>• rub or pull their ear</li><li>• not react to some sounds</li><li>• be irritable or restless</li><li>• be off their food</li><li>• keep losing their balance</li></ul>

Most ear infections clear up within **3 days**, although sometimes symptoms can last up to a week.



**advice also says to help relieve any pain and discomfort from an ear infection:**

<b>Do</b> <ul style="list-style-type: none"><li>✓ use painkillers such as <a href="#">paracetamol</a> or <a href="#">ibuprofen</a> (children under 16 should not take aspirin)</li><li>✓ place a warm or cold flannel on the ear</li><li>✓ remove any discharge by wiping the ear with cotton wool</li></ul>	<b>Don't</b> <ul style="list-style-type: none"><li>✗ do not put anything inside your ear to remove <a href="#">earwax</a>, such as cotton buds or your finger</li><li>✗ do not let water or shampoo get in your ear</li><li>✗ do not use decongestants or antihistamines – there's no evidence they help with ear infections</li></ul>
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A pharmacist can help with an ear infection. Speak to a pharmacist if you think you have an ear infection. They can recommend eardrops to help stop bacteria or fungus spreading. They can also provide other treatments if you need them, without you seeing a GP.

We look forward to seeing your child back in school as soon as possible.  
Please do not hesitate to contact us if you need any advice or support regarding their health or wellbeing.

All the NHS advice above can be found here  
<https://www.nhs.uk/conditions/ear-infections/>