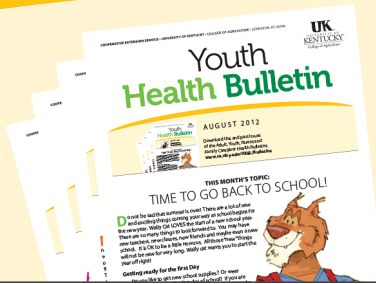


# Youth Health Bulletin



JUNE 2014

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## THIS MONTH'S TOPIC: SWIMMER'S EAR



GLAD I  
REMEMBERED  
EAR PLUGS!

**W**ally Cat loves to play in the water in the summer. He always makes sure to wear his sunscreen before jumping in the pool. But sometimes, after a day at the pool, Wally's ears start to hurt. This is often due to swimmer's ear. Have your ears ever hurt after being in the pool all day? Although anyone, at any age, can get swimmer's ear, it is more common in kids like you. Let's learn more about swimmer's ear and how to prevent it.

Continued on the back →



# Every year there are nearly 2.4 million visits to healthcare providers for swimmer's ear.



EAR  
DROPS  
OR  
PILLS?!  
- THAT Beats  
THE Heck  
OUT OF A  
SHOT ANY DAY!

- pull on your ear lobe a little to help get the water out
- do NOT put objects in your ear canal

Wally Cat loves to have fun swimming in the summertime. He also wants to make sure his ears do not hurt. Following the tips above will help Wally not to get swimmer's ear. He hopes that you will follow them too!

## REFERENCES:

- Nemours KidsHealth. Swimmer's Ear [http://kidshealth.org/kid/ill\\_injure/aches/swimmers\\_ear.html](http://kidshealth.org/kid/ill_injure/aches/swimmers_ear.html)
- Centers for Disease Control and Prevention. "Swimmer's Ear (Otitis Externa). <http://www.cdc.gov/healthywater/swimming/rwi/illnesses/swimmers-ear.html>

## Continued from page 1

The formal name for swimmer's ear is otitis externa. That means swimmer's ear is an infection in the outer part of the ear canal. If you have swimmer's ear, you may have some of the following symptoms:

- your ear feels itchy
- your ear is red and swollen
- you feel pain when you tug on your ear
- you feel pain when pressure is placed on your ear
- there is infection coming from the ear canal

## How do I get swimmer's ear?

You might get swimmer's ear if water stays in your ear canal for a long period of time. There are often germs in the water at pools or other places where you swim. The ear canal is a great place for germs to grow. If your ear is hurting, you should tell an adult who can take you to a healthcare provider. You may need to get some special ear drops.

The good news is that swimmer's ear cannot be passed from one person to another.

There are ways you and your family can prevent swimmer's ear:

- keep the ears as dry as possible
- dry the ears after showering or swimming
  - use your towel to dry your ears
  - tilt your head so that your ear is facing the ground to allow the water to drain

## Word Scramble

MSWMNIGI OLOP: \_\_\_\_\_

NOEITFNCI: \_\_\_\_\_

ERSMG: \_\_\_\_\_

REA ACNLA: \_\_\_\_\_

AER RDOSP: \_\_\_\_\_

ANSWERS: Swimming Pool, Infection, Germs, Ear Canal, Ear Drops



HOW DID  
I GET  
'SWIMMERS'  
EAR'...  
- I can't even  
swim yet!

Youth  
Health Bulletin

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