

Earaches



Your child has an earache.

Here are some things you can do at home to help your child feel better:

- Have your child hold a clean, warm, damp washcloth against his or her ear several times a day. The warmth may be soothing.
- Acetaminophen (such as Tylenol™, Tempra™, or generic brands) or Ibuprofen (such as Advil™, Motrin™, or generic brands) may help ear pain. Be sure to follow the directions on the medicine label. Do not use aspirin!

If your child does not feel better in one to two days, or if your child's temperature reaches greater than or equal to 101° Fahrenheit by mouth or 100° Fahrenheit under the arm, call your child's doctor or nurse practitioner.

If your child has seen the doctor or nurse practitioner and has an antibiotic for an ear infection, be sure your child takes ALL of the antibiotic, unless the doctor or nurse practitioner tells you to stop the medicine. Even if your child feels better, the germs can come back if he or she doesn't take all the medicine.

Brand names used in this document are only meant to be examples. DHEC does not endorse any of the brand names in this document.

Child's Name _____

School Nurse _____

Date _____

School _____

School Phone Number (_____) _____



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