

EAR CARE

TIPS FOR

TEENS



Wipe ears with cloth or tissue to remove wax in the outer ear



Dry ears after shower by tilting head on sides against the towel



Avoid swimming in dirty water



Avoid inserting anything into the ear canal to remove wax or foreign body



Avoid using cotton swabs to remove earwax since this may impact the wax



Use sound systems at recommended volumes



Avoid exposure to loud noises



Treat upper respiratory tract infections on time



Use helmets during sports



Visit a doctor to remove earwax or if there is any concern

REFERENCES:

1. How And When To Clean Your Child's Ears; Children's Hospital Los Angeles
2. Ears- Ways To Protect Your Hearing; Better Health Channel