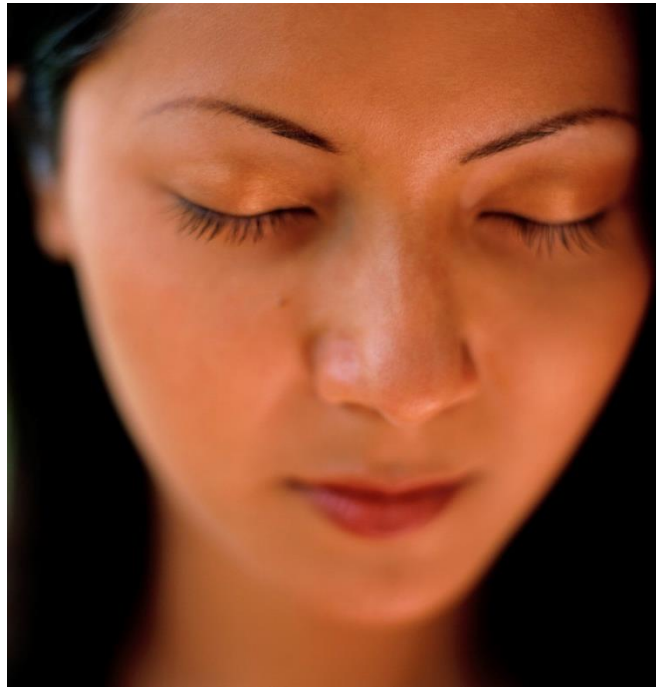


# Understanding Ear, Nose, and Throat Infections



# Infections happen when germs get inside your body and make you sick.

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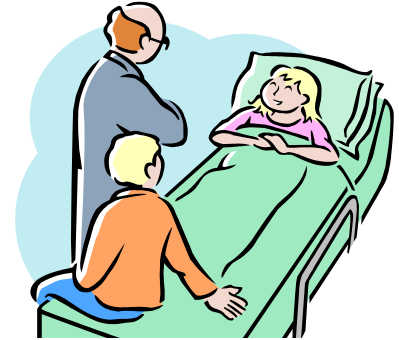
- Germs are tiny living things that can cause infections.
  - Germs are found all over the world, in all kinds of places.
- Sometimes germs give us an infection and make us sick.
- You can get an infection in any part of your body.



# Anyone can get ear, nose, and throat infections, but you are at extra risk if:

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- You spend time around others who are sick



- You live with other people and they get sick



- You smoke cigarettes or spend time around others who smoke



# Some people may get ear infections more often or easier than others:

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- People with diabetes
- Children with down syndrome
- People with cancer
- People with HIV or other immune disorders

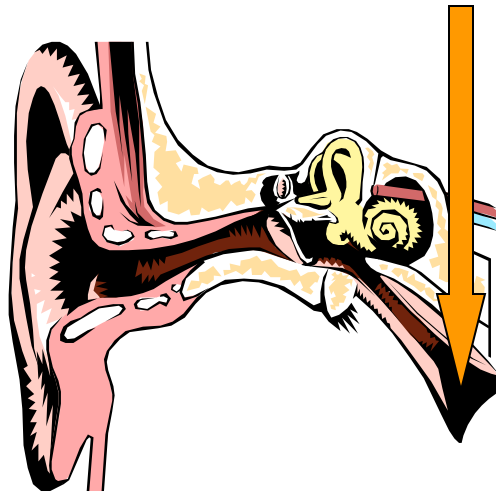




# What is an ear infection?

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- Your ears are connected to your throat by a tube.



- Harmful germs can get trapped in this tube and cause an infection.

# You should see your doctor if you:

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❑ Feel pain in your ear (earache)

❑ Feel itching inside your ear

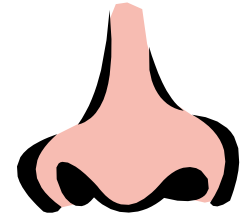
❑ Have trouble hearing

❑ Hear buzzing sounds

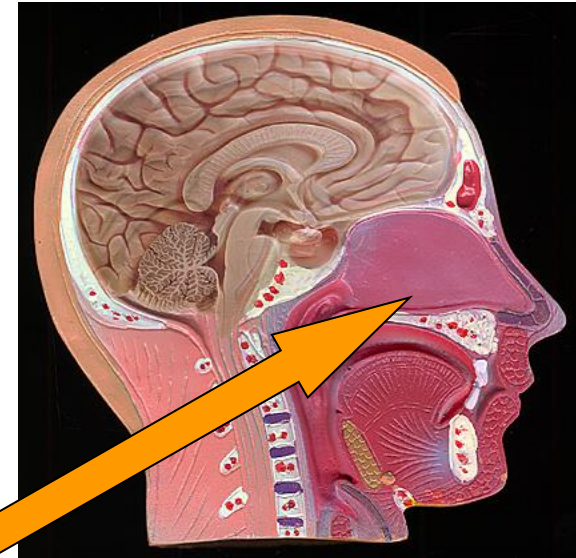
❑ Feel warm (have a fever)



# What is a nose infection?



- ❑ Germs can get into your nose and cause swelling.
  
- ❑ Nose infections are sometimes called nasal or sinus infections.
  - Sinuses are spaces filled with air behind your nose, eyes, and cheeks.



# You may want to see your doctor if you:

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- ❑ Have a stuffy or runny nose
- ❑ Feel pain in your head (headache) or face or around your teeth
- ❑ Have trouble tasting or smelling
- ❑ See yellow, grey or green fluid come out of your nose
- ❑ Have a cough that won't go away
- ❑ Feel warm (have a fever)

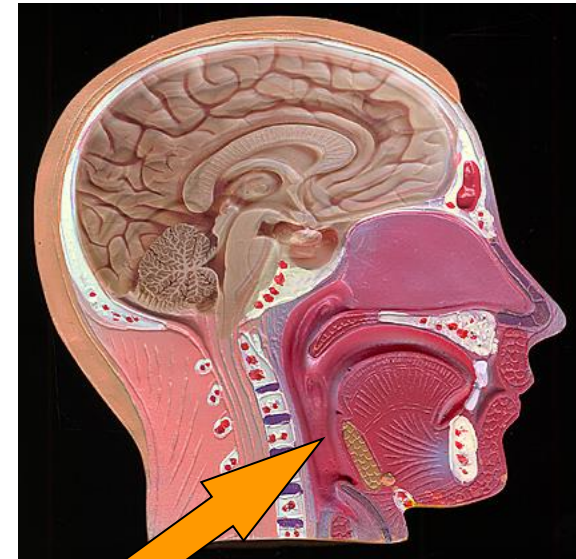




# What is a throat infection?

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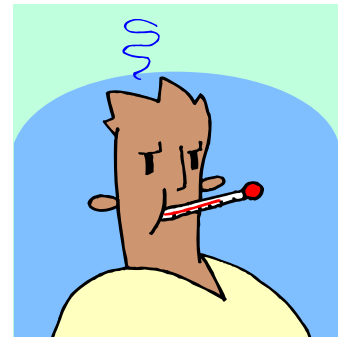
- ❑ Germs can get into your throat and cause your throat to get sore and swollen.
- ❑ Germs can also infect your tonsils.
  - Tonsils are balls of tissue behind your tongue.



# You may have a throat infection if you:

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- Feel pain in your throat
- Feel pain when you swallow
- Feel warm (have a fever)



# If you are feeling sick, call the doctor.

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- Tell the doctor about what you are feeling in your body (your symptoms).
  - Try your best to explain exactly how you feel – this will help you get the best treatment!
- Follow the doctor's advice about what to do.



# You may need to see the doctor for an examination.

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- Your doctor will check your ears, nose, and throat for signs of infection.

- For example, your doctor may use a cotton swab to test your saliva (your spit) for germs.



- The doctor may also look inside your ears and into your throat.

# Your doctor will tell you what to do to get better.

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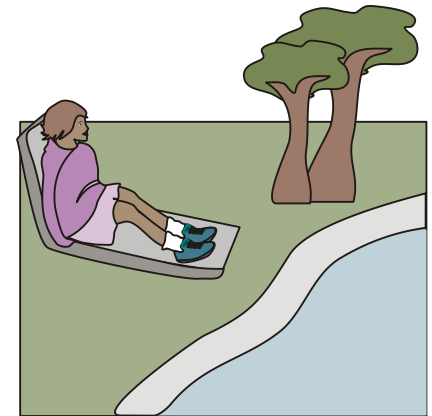
- ❑ The doctor may prescribe medicine.
- ❑ The doctor may tell you to rest.
- ❑ Make sure you understand all of the doctor's instructions before you leave the office.



# There are other things you can do to help yourself feel better!

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- Get plenty of rest and sleep.



- Eat three meals each day, including fruits and vegetables.



- Drink plenty of fluids.

# If people around you are sick, you can stay healthy by:

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- ❑ Washing your hands often with soap and warm water
- ❑ Keeping your hands away from your nose, eyes, and mouth
- ❑ Staying away when someone sneezes or blows his or her nose
- ❑ Not sharing the same forks, spoons, or straws with people who are sick



# You can also prevent infections by living a healthy lifestyle.

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- If you smoke, try to quit.
- Get lots of exercise.
- Be active – do interesting things with friends.





# Learn more about preventing ear, nose, and throat infections.

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## □ WebMD Cold & Flu Center

- <http://www.webmd.com/cold-and-flu/default.htm>

## □ Ways to Prevent Colds and Flu

- <http://www.ddssafety.net/health/cold-and-flu/ways-prevent-colds-and-flu>



## □ Tips for Relieving Cold and Flu Symptoms

- <http://www.ddssafety.net/health/cold-and-flu/feeling-better-tips-relieving-cold-and-flu-symptoms>