



Children's Health

Ear & Eye Problems

WAYS TO TAKE CARE OF THEM

CONJUNCTIVITIS (PINK EYE)

Symptoms

- redness in the whites of one or both eyes
- gritty feeling in the eyes
- tearing
- sensitivity to light
- red, swollen eyelids
- discharge that causes the eyelids to stick together during sleep

Tips for relief

- Apply warm or cold compresses to the eye several times a day.
- Remove discharge from the eye with a moist cotton ball or a moist washcloth.
- Ask your child's doctor to prescribe medicated eye drops.
- To administer eye drops, have your child lie down with eyes closed. Put a drop in the inner corner of the eye. When the child opens the eye, the drop will run in.

Call the doctor if...

- there's pain, blurring or loss of vision that doesn't go away with blinking.
- there's a thick, greenish-yellow discharge coming from the eye.
- the eye doesn't improve in two or three days.

STIES

Symptoms

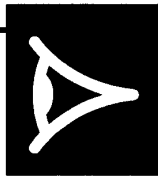
- redness and swelling resembling a pimple on the edge of the eye
- a gritty feeling in the eye
- the eye is sensitive to the touch

Tips for relief

- Apply warm compresses to the eye for 10 minutes, five or six times each day until the sty comes to a head and drains.
- Don't squeeze a sty.
- Don't rub or put ointments on the eye.

Call the doctor if...

- the sty doesn't improve after a few days or it gets worse.
- the size of the area of redness spreads to the whole eyelid.
- your child's vision is affected.



EARACHES AND INFECTIONS

Ear pain can be caused by:

- congestion from a cold or allergies
- changes in altitude
- infection of the middle ear

Tips for relief

- Have your child stand upright, or if sleeping, prop her head up to help the ear canals drain.
- For pain relief, apply heat to the outer ear with a warm towel or heating pad.
- Give your child acetaminophen every four to six hours for pain relief.
- Have your child swallow, yawn or chew gum.
- Use an over-the-counter decongestant or nose drops to clear the congestion.
- Use cotton balls coated with petroleum jelly to keep inner ears dry while bathing.

Call the doctor if...

- a severe earache lasts more than one hour or any earache lasts more than 24 hours.
- an infant or young child repeatedly rubs or pulls his ear.
- the child also has a fever, headache and stiff neck.

SWIMMER'S EAR

Symptoms

- pain in the ear
- itching or a feeling of fullness in the ear
- pain that increases with chewing or wiggling the earlobe
- discharge from the ear and hearing loss

Tips for relief

- Check the ear for foreign objects or insects.
- Use over-the-counter eardrops containing alcohol to dry the ear canal.
- Use cotton balls coated with petroleum jelly to keep inner ears dry while bathing.
- For pain relief, apply heat to the outer ear with a warm towel or heating pad.
- Give your child acetaminophen every four to six hours for pain relief.

Call the doctor if...

- symptoms continue after five days of home treatment.
- the earache follows a cold.
- there's discharge from the ear.
- the ear canal is swollen or red.
- your child has a high or persistent fever.

