



# EAR PAIN

## COMMON CHILDHOOD AILMENTS

### SYMPTOMS

Ear pain can be common in children. A child might rub or pull their ear to show their ear is bothering them. They may not respond to sound or noise. They could have a high temperature. They may be off their food and appear irritable. They may also appear to be unstable or lose their balance.



### INCUBATION

This is not infectious.  
If you think your child is getting worse - seek advice straight away.



### TREATMENT

Do not put anything in the ears.  
Seek medical advice on the use of paracetamol or Ibuprofen for ear pain (children under 16 should not take aspirin).  
See your GP if the pain lasts more than 3 days or your child keeps getting earache.



### TOP TIPS

Remember to seek medical help immediately if:

- There is swelling around the ear.
- There is fluid coming out of the ear.
- Something is stuck in the ear.
- Your child has ear pain in both ears and is under 2 years.



### FURTHER SUPPORT



Go to [111.nhs.uk](https://111.nhs.uk)



Call 111



Remember, if in doubt, call 111