What should I do for the ear pain?

**DO**
- Go to a doctor or health worker who can check your ears.
- Only use medicines prescribed by a health worker or doctor.
- Use ear plugs in noisy places to protect your hearing.

**DON’T**
- Put inside your ear:
  - Q-tips/cotton buds
  - Hopi candles
  - Sticks
- Swim or wash in dirty water
- Share ear phones or ear plugs with others
- Listen to loud sounds or music
- Use home remedies
- Use ear drops that have not been prescribed by a health worker or doctor

**Remember**
Ear infections can be treated. Act without delay.

What causes fluid or pus from ears?

Discharge from ears is mostly due to infection. Do not ignore fluid or pus coming from the ear. Consult a doctor or health worker immediately.

Tips for healthy ears

- Clean the outer part of your ear with a soft cloth.
- Go to the doctor or health worker in case of ear pain, discharge, or any difficulty in hearing.
- Use ear plugs in noisy places to protect your hearing.

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What causes ear pain?

Ear pain is commonly caused by:

- If you have a lot of itching or if you have any foreign body or insect in the ear, you should consult a doctor. Using Q-tips or cotton buds can harm the ear canal and ear drum.

Is it a problem to use Q-tips or cotton buds?

You should NOT insert Q-tips or cotton buds inside your ears. They may push wax further inside the ear canal and damage the ear drum. Sometimes, the cotton may remain behind and cause infection.

What should I do if my ears feel itchy or if an insect enters my ear?

If you have a lot of itching or if you have any foreign body or insect in the ear, you should consult a doctor. Using Q-tips or cotton buds can harm the ear canal and ear drum.

When does wax need to be removed from the ear?

Sometimes when wax gets collected in the ear and becomes hard, it may need to be removed. Wax removal should ONLY be done by a trained health worker or doctor.

What should I do when water goes into my ear?

Water mostly comes out on its own after a while. If it persists or happens frequently, seek advice from a doctor or healthworker.

This could happen if there is wax blocking your ear canal, as it can trap water inside. The wax may need to be removed by a doctor or healthworker.

What should I clean my ears regularly?

The inside part of the ear is self-cleaning. You should ONLY clean the outer part of your ear with a soft cloth or cotton.

DO NOT insert anything inside the ear:

- Q-tips or cotton buds
- Oil
- Sticks
- Hopi candles

What is ear wax? Should it be removed?

Wax is a normal secretion of the ear. It helps to trap dirt, hair and foreign particles that enter the ear. It protects the ear and keeps it clean. Normally, there is NO NEED to remove ear wax.

What should I do if water goes into my ear?

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Remember

Q-tips are only meant to clean the outer part of the ear without going into the ear canal