

Otitis Media

What is Otitis Media?

- **Ear Infection**- Fluid in the middle ear, middle ear infection, or inflammation or infection in the middle ear, occurs in the area between the ear drum and the inner ear
- **Often Begins**- when infections that cause colds, sore throats, or other respiratory or breathing problems that spread to the middle ear, can be bacterial or viral infections



What are the Symptoms?

- **Symptoms**- pain, redness of the eardrum, pus in the ear, and fever, pulling of ears, fluid draining from ears, sleep disturbances, headaches, problems with hearing, irritability, difficulty balancing

Causes of Ear Infection

Bacteria -that can also be caused by viruses

Bacteria that usually cause AOM- Streptococcus pneumonia, Moraxella catarrhalis, and Haemophilus influenza

Viruses that usually cause AOM- respiratory syncytial, RSV/rhinoviruses, influenza viruses, adenoviruses

Facts

- **Ear Infection Caused by a Virus**- antibiotics will not help make it better, often get better on their own without antibiotics
- **Taking an Antibiotic**- the bacteria that normally live in the body (in your mouth, nose, intestines, on your skin) can become resistant to antibiotics
- **Common Antibiotics**- cannot kill infections caused by resistant germs

Prevention

- **Ear Infection**- Avoid exposure to air pollution, smoking or second hand smoke

What can I do?

- **See your Health Care Provider**- to determine what treatment is best for you, check to make sure all your immunizations are current

