

Middle Ear Infection in Children

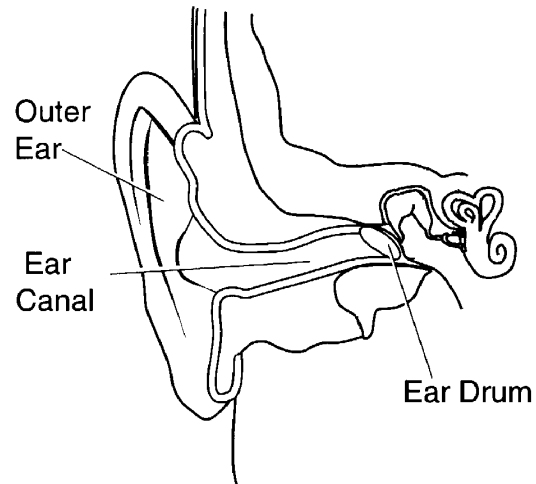
Middle ear infection, also called otitis media, can be painful for children. This infection is caused when the fluid draining from your child's ear gets blocked. This may happen when your child has a cold, allergy or the flu. The fluid build-up lets bacteria grow and puts pressure on your child's eardrum.

Signs of a Middle Ear Infection

- Waking up at night crying
- Rubbing or pulling of the ear
- Trouble hearing
- Not wanting to eat
- Fever

Older children may complain of:

- Pain in the ear or jaw
- Ringing in the ear
- Feeling of motion or fullness in the ear
- Trouble hearing
- Fever



Your Child's Care

Ear infections sometimes go away on their own, but it is best to see your child's doctor if signs last more than two days.

- Your doctor will look at your child's ears and ask about his or her signs.
- Antibiotic medicine may be ordered. Be sure to give **all** of the medicine, even if your child feels well.
- Do not put anything in your child's ears including liquids, herbs or cotton-tipped applicators unless directed to do so by your child's doctor. They can block the ear canal, causing a loss of hearing or infection.

Caabuqa Dhegta Dhexe ee Caruurta

Caabuqa dhegta dhexe, oo loo yaqaano oo kale Ingiriisiga ‘otitis media,’ waxa uu noqon karaa mid xanuun badan u keena caruurta. Caabuqani waxa uu yimaadaa marka dheecaanka ka imanaya dhegta ilmaha uu waayo meel uu ka baxo. Taasi waxay dhici karta marka ilmahaagu qabo hargab, alerji ama ifilo (flu). Dheecaanka urursamay waxa uu bakteeriyada u ogolaadaa inay taranto waxana uu dheecaankaasi cadaadis saaraa durbaanka dhegta ee ilmahaaga.

Calaamadaha Caabuqa Dhegta Dhexe

- Ilmaha oo habeenkii toosa isaga oo ooyaya
- Xoqidda ama jiidista dhegta
- Maqalka oo dhib ku ah
- Ilmaha oo aan rabin cunto
- Qandho

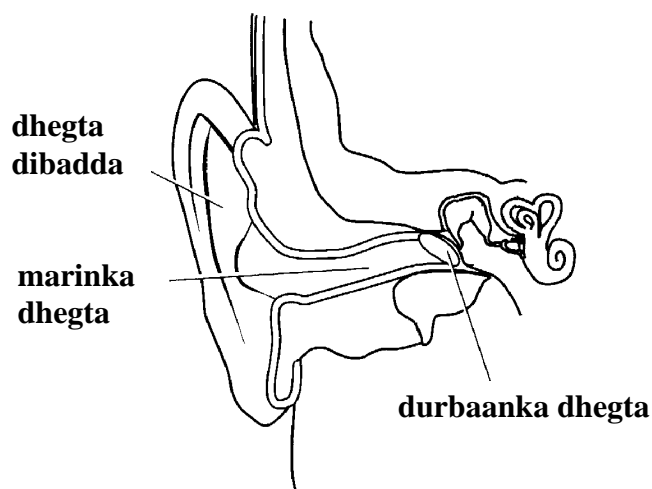
Ilmaha da'da rooni waxay ka caban karaan:

- Xanuun ah dhegta ama daanka
- Guux ah dhegta
- Dareen dhaqaaq ama buuxsanaan ah dhegta
- Maqalka oo dhib ku ah
- Qandho

Daryeelka Ilmahaaga

Marmarka qaarkood caabuqa dheghu iskood ayay u tagaan, laakiin waxa ugu fiican inaad aragtid dhakhtarka ilmahaaga haddii calaamaduhu sii jiraan wax ka badan laba maalmood.

- Dhakhtarkaagu waxa uu eegi doonaa dhegaha ilmahaaga waxana uu weydiin doonaa calaamadaha uu dareemay.
- Waxa laga yaabaa in ilmaha loo qoro dawo ah antibiyootiko. U hubso inaad siisid **dhamaan** dawada, xiitaa haddii ilmuhu dareemo wacnaan.
- Waxba ha galin dhegaha ilmahaaga wax dareerana alla haka dhigee, geedo/dhir ama wax suuf caarada ku leh haddii aan dhakhtarka ilmuhu taa kuu sheegin. Waxyaabahasi waxay gufeyn/awdaan karaan marinka (daloolka) dhegta, isla markaana keeni karaan lumis maqal ama caabuq.



Here are some ways to prevent an ear infection.

- Hold your baby upright when feeding. Never prop up the bottle.
- Keep your children away from people who are smoking.
- Teach your children to wash their hands often and not to touch their eyes or runny nose.

Call your child's doctor if your child's:

- Ear pain gets worse or comes back
- Hearing seems worse
- Fever is over 101 degrees Fahrenheit

Talk to your child's doctor or nurse if you have any questions or concerns.

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Halkan waxa ku yaala dhawr siyaabood oo lagu baajin karo caabuq dhegta ah.

- Ilmahaaga sare u xaji marka aad quudanaysid. Marna dhalada wax ha ku taageerin.
- Ilmahaaga/carruutaada ka fogee dad sigaar cabaya.
- Ilmahaaga bar inay dhaqaan gacmahooda marrar badan iyo inaanay taaban indhahooda ama san duuf leh.

Wac dhakhtarka ilmahaaga haddii:

- Dhega xanuunku ka sii daro ama soo noqdo
- Maqalka oo sii xumaada
- Qandhada oo dhaafta 101 darajo oo Fahrenheit ah.

La hadal dhakhtarka ilmahaaga ama kalkaalisada haddii aad qabtid wax su'aalo ama walaac ah.

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