

TIPS TO PROMOTE **Healthy Ear, Nose & Throat**



مستشفى ميلينيوم

MILLENNIUM SPECIALIZED IN
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CHILD CARE

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+971 26 11 33 33



TIPS TO PROMOTE

- Avoid frequent use of earbuds/Q TIPS in ears as it may push the ear wax or may cause injury in ear canal.
- In case the child is bottle feeding, bottles should be properly sterilized and child fed with head and shoulders up and not lying flat.
- Avoid removing ear wax at home yourself.
Use ear plugs while swimming.
- Do not use sharp objects, pen/pencil to scratch your ears.
- Do not use headphones/ ear pods for longer duration.use to safe volume levels.
- Avoid exposure to loud noises for prolonged hours.
- Practice regular handwashing.
- Always cough or sneeze in tissue or your elbow. wear mask to prevent spread through droplets in air.
- If there are lot of viruses going around at school or your community, consider having your child wear a mask.
- Avoid frequent fingerpricking of nose as it may lead to bleeding from nose and infection in nose.
- In case of nose bleed, do not panic. Pinch nose for 4 minutes. Use cold compresses.
- Do not put foreign objects in ear, nose and mouth. In case your child has put foreign object, do not try to remove it yourself at home.it may get push back further. Visit ENT doctor.
- Eat healthy, stay hydrated. Sleep well. Avoid too much junk foods.
- Avoid exposure to cigarette smoke to strengthen immune system.
- Keep children immunization / flu shots updated.
- Avoid cold and sour food and drinks during sore throat and cold.
- While travelling in airplane practice yawning and swallowing frequently during ascend and descend to prevent ear tube blockage.
- In case the child has fever, cough, running nose, ear pain its better to give rest and not send to school till fever and nasal discharge decreases.



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