AHCWA

Ear Health

Simon Says

Hey you mob,

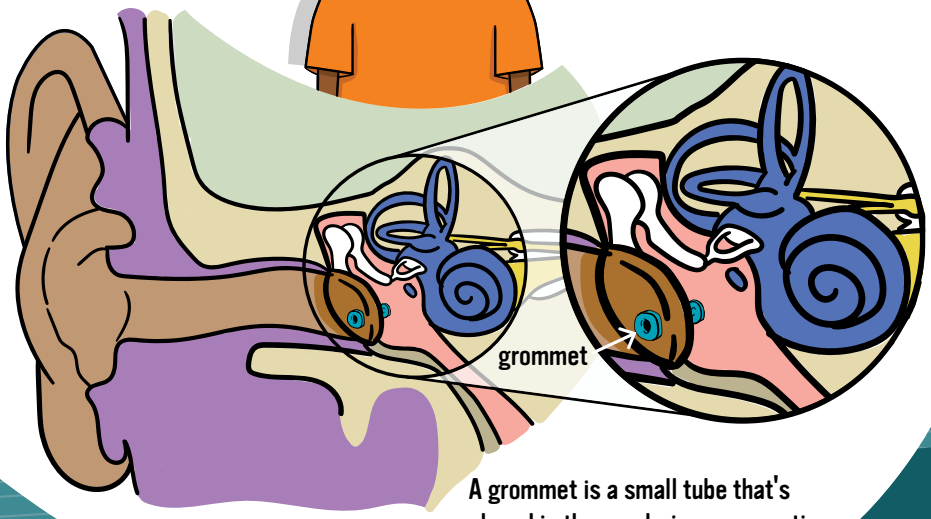
Its summer time! This means it is time to go on holiday and visit family and friends to play lots of fun games.

We meet with family and friends to set up camp
then we go for a swim to cool off!

What's wrong Curtis. You look sad.
Mum said I can't go swimming because I have an ear infection.
That's no good. Hey, when I was your age I used to get ear infections all the time.
Really?

To fix my ears, I had an operation to put these things called grommets in my ears.

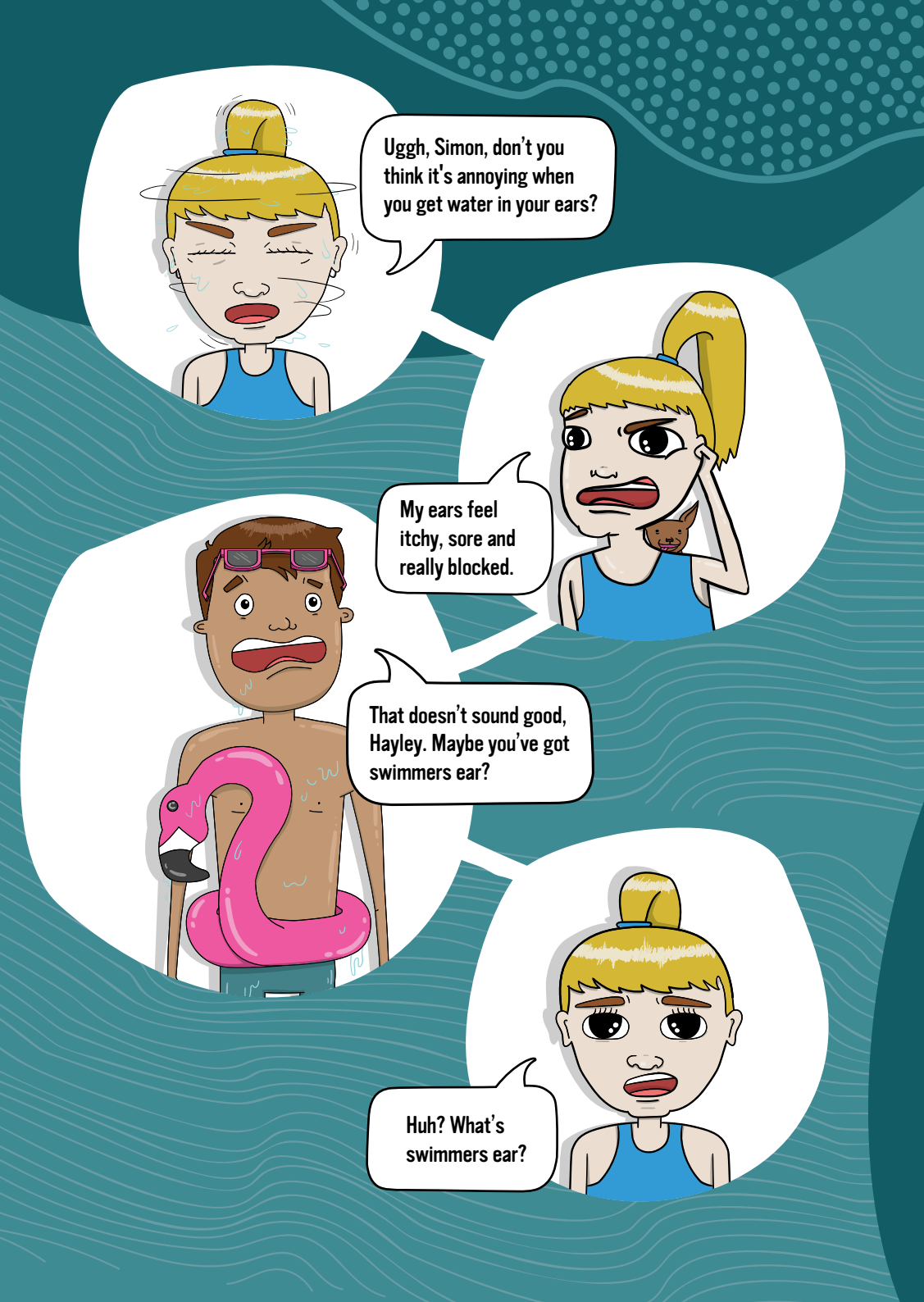
After a while, my ears felt much better and I could swim again but I had to keep water out of my ears.

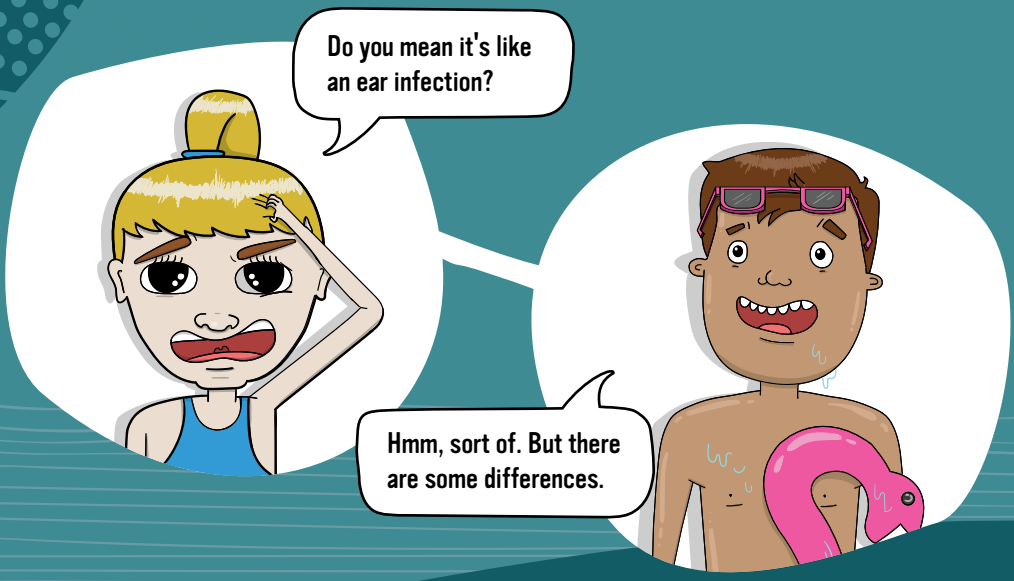


A grommet is a small tube that's placed in the ear during an operation. It drains fluid away and keeps the eardrum open.

Simon Says:

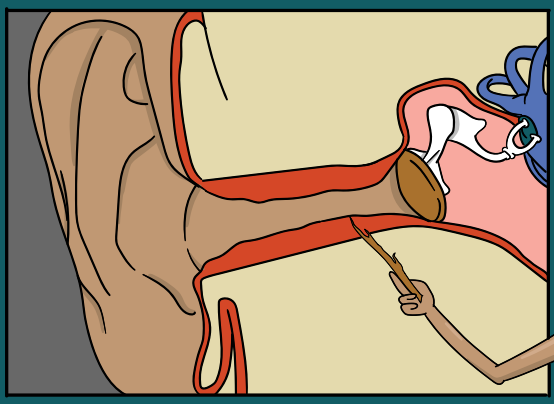
That's right, Keisha! It's important to keep water out of your ears after an operation. You can use an ear wrap like this one, a swimming cap or earplugs.


Uggh, Simon, don't you think it's annoying when you get water in your ears?
My ears feel itchy, sore and really blocked.
That doesn't sound good, Hayley. Maybe you've got swimmers ear?
Huh? What's swimmers ear?

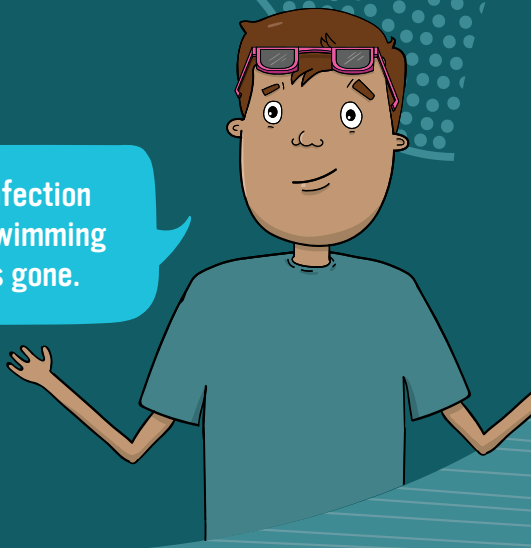


Simon Says:

Swimmers ear is an infection in your ear canal. It can happen when you get too much water trapped in your ear.



Simon Says:

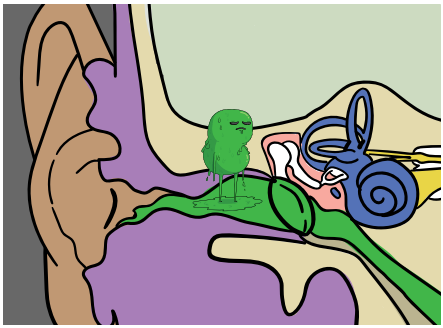


If you have an ear infection you should not go swimming until the infection is gone.

If you have swimmers ear, there are some things you can do to keep your ears dry so you can keep swimming.

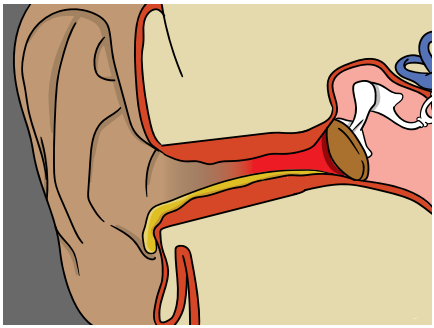
Ear Infection

An ear infection can happen when you have the cold or flu (can you see him?). The eardrum might be swollen and red. Your ear will be sore and you might feel unwell and very hot.



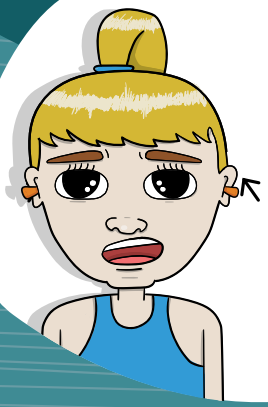
Swimmers Ear

Swimmers ear usually happens after water gets in your ear. There might be an infection in your ear canal instead of behind the eardrum.Your ear may get itchy or sore. It can feel like your ear is full of water.



Simon Says:

There's a lot of things we can do to protect our ears when swimming. Some simple ones are:



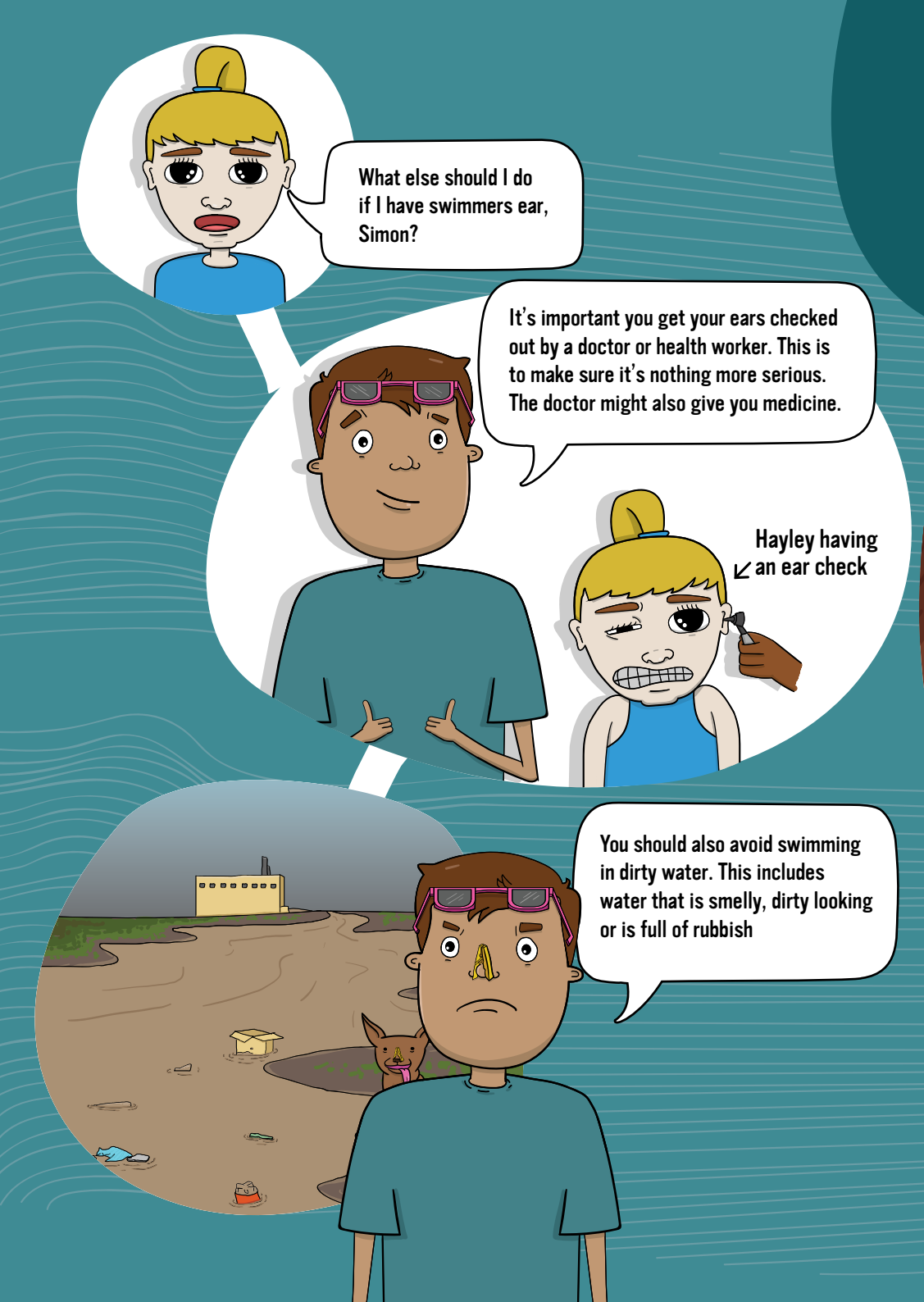
Wear earplugs when swimming or bathing!

This stops water from getting in your ears.

Dry your ears carefully after swimming.

Use a dry cloth, tissue or cotton ball to gently dab the outside of your ear canal until its dry.

Be careful! You should never poke anything in your ear as it can cause damage to your eardrum.


What else should I do if I have swimmers ear, Simon?
It's important you get your ears checked out by a doctor or health worker. This is to make sure it's nothing more serious. The doctor might also give you medicine.
Hayley having an ear check
You should also avoid swimming in dirty water. This includes water that is smelly, dirty looking or is full of rubbish

Simon Says:

Swimming is a great way to have some fun, keep fit and spend time with your mob in the summer time.

Can you find Buddy the dog! He's hiding in some of the pictures in this book.

Go back through the booklet to find him!

How many could you find?

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