



# EAR INFECTION

Let's talk...

## FACT



- Most middle ear infections (otitis media) improve without the need for antibiotics, in otherwise healthy, vaccinated children and adults

## ANTIBIOTICS ARE NOT NEEDED IN MOST CASES\*

NO ANTIBIOTICS

# VS

ANTIBIOTICS



8 of 10 children who **DO NOT** take antibiotics feel better within 2-3 days



9 of 10 children who **DO** take antibiotics feel better within 2-3 days

## OTHER THINGS YOU CAN DO



Wash hands



Take fever or pain relief



Drink water



Get rest



Ask about other options

## ANTIBIOTICS CAN CAUSE HARM



Nausea



Vomiting



Headache



Diarrhea

**3 OUT OF 10** people who take antibiotics will experience side effects

## WHEN TO SEEK FURTHER HELP

- Ear pain or fever not improving or lasting longer than 2 days
- High fever ( $T \geq 39^{\circ}\text{C}$ )
- Drainage from ear
- New or worsening symptoms

## ANTIBIOTIC RESISTANCE

Frequent antibiotic use reduces the chance that antibiotics will work when you need them most.



### References

Venekamp RP, Sanders SL, Glasziou PP, Del Mar CB, Rovers MM. Antibiotics for acute otitis media in children. *Cochrane Database Syst Rev.* 2015;(6):CD000219.

Rovers M, Glasziou P, Appelman C, Burke P, McCormick D, Damoiseaux R et al. Antibiotics for acute otitis media: a meta-analysis with individual patient data. *Lancet.* 2006;368(9545):1429-35.

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\*WHEN ANTIBIOTICS MAY BE NEEDED: Infants less than 6 months old, unvaccinated children, patients with high fever ( $\geq 39^{\circ}\text{C}$ ), severe symptoms for more than 48 hours, perforated tympanic membrane with purulent discharge, craniofacial anomalies, immunosuppression, or other complicating conditions.