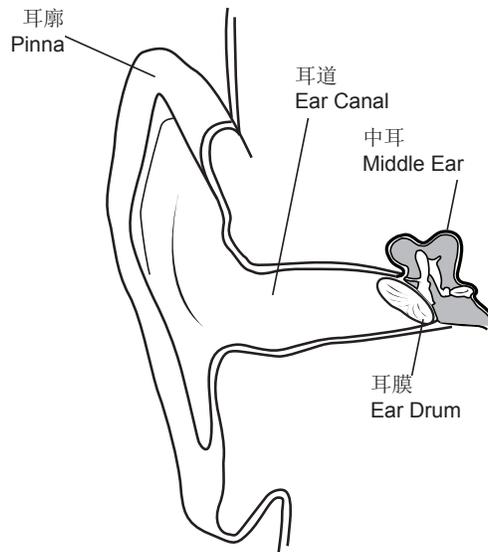


# 兒童中耳感染

## 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.



中耳感染亦稱中耳炎，可對兒童造成痛苦。當兒童耳中所排出的體液堵塞時，就會引起這類感染。孩子患感冒、過敏或流感時，就可能發生這種情況。體液累積會造成細菌生長，進而對兒童的耳膜產生壓力。

### Signs of a Middle Ear Infection

- Waking up at night crying
- Rubbing or pulling of the ear
- Trouble hearing
- Not wanting to breastfeed, suck a bottle or eat because it hurts
- Fever over 101 degrees F under the arm
- Vomiting
- Diarrhea

### 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
- Dizziness

### 中耳感染的症狀

- 夜間哭醒
- 抓撓或拉扯耳朵
- 聽力障礙
- 因為疼痛而不想吸吮母乳、或吸食奶瓶或進食。
- 發燒，腋下溫度超過華氏 101 度
- 嘔吐
- 腹瀉

### 較大的孩子可能會抱怨：

- 耳朵或下巴疼痛
- 耳鳴
- 耳內有發脹或物體移動的感覺
- 聽力障礙
- 暈眩

## 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.
- Your doctor may also suggest over the counter pain medicine, such as acetaminophen or ibuprofen to help with fever and pain.

## 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.

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

## 對兒童的護理

耳部感染有時會自行消失，如果症狀持續超過兩天，最好去看兒科醫生。

- 醫生會檢查孩子的耳朵並詢問相關症狀。
- 也許會使用抗生素。務必將**所有**藥物用完，即使您的小孩已有好轉。
- 醫生可能還會建議服用非處方止痛藥（如：乙醯胺酚或布洛芬）來緩解發燒與疼痛。

## 以下為預防耳部感染的幾個方法

- 餵食寶寶時，讓其坐直。勿撐起奶瓶。
- 讓孩子遠離抽菸者。
- 教導孩子勤洗手，不要碰觸眼睛或鼻涕。

**若您有任何疑問或擔憂，請諮詢孩子的醫生或護士。**