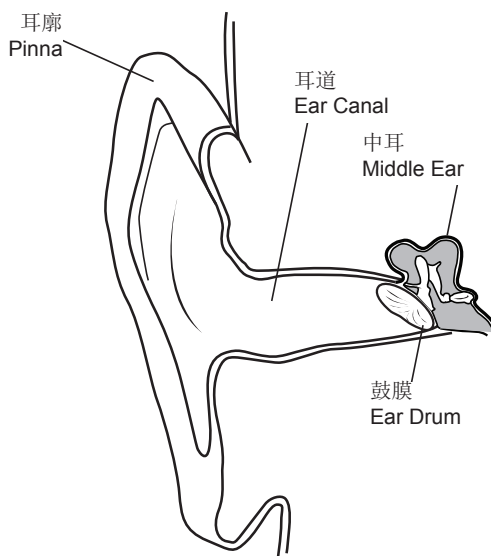


儿童中耳感染

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.



中耳感染也称为中耳炎，可对儿童造成痛苦。这种感染是由于孩子耳朵排出的体液堵塞所引发。孩子患感冒、过敏或流感时可能出现这种情况。体液累积会造成细菌生长，对孩子的鼓膜形成压力。

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

中耳感染的症状

- 夜间哭醒
- 摩擦或拉扯耳朵
- 听不清楚
- 因疼痛不愿意吃母乳、吸奶瓶或进食
- 发烧超过华氏101度（腋下）
- 呕吐
- 腹泻

较大的孩子可能抱怨:

- 耳朵或下颌疼痛
- 耳鸣
- 感觉耳内有物体活动或充盈
- 听不清楚
- 眩晕

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.

对孩子的护理

耳部感染有时会自行消退，但如果症状持续超过2天，最好带孩子就医。

- 医生将查看孩子的耳朵，并询问他或她的症状。
- 可能使用抗生素药。即使孩子感觉良好，务必将**所有**药物用完。
- 医生还可能建议使用非处方止痛药（如对乙酰氨基酚或布洛芬），以帮助应对发烧和疼痛。

以下是预防耳部感染的一些方法

- 喂食时使婴儿坐直。千万不要支起奶瓶。
- 使孩子远离吸烟者。
- 教孩子经常洗手，不要触摸眼睛或鼻涕。

如有任何疑问或担忧，请咨询孩子的医生或护士。