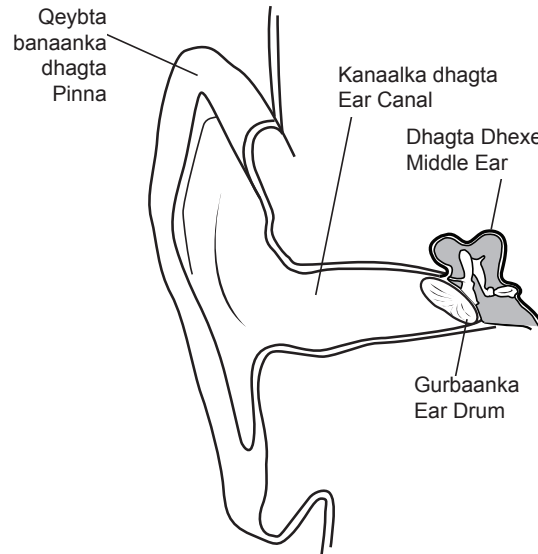


Caabuqa Dhagta Dhexe ee Carruurta

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.



Caabuqa dhagta dhexe, sidoo kale waxaa loo yaqaan waraabowga maqaarka, wuxuu u xanuun badanyahay carruurta. Caabuqaan wuxuu sababaa markii dhacaanka ka daadanayo dhagta canugaaga uu xirmo. Tani waxay dhici kartaa markii canugaaga uu qabow qabo, alaarji, ama samboor. Dhismaha dhacaanka wuxuu u ogolaadaa in bakteeriyaha koro oo cadaadis geliyo gurbaanka dhagta canugaaga.

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

Aastaamaha Caaabuqa Dhagta Dhexe

- Kacitaanka habeenka iyaga oo oynayo
- Xoqida iyo jiidida dhagta
- Dhibaataada maqaalka
- Aan rabin inuu naasnuujiyo, dhalo cabo ama cuno sababtoo ah way xanuuneysaa
- Qandhada ka badan heerka 101 F ee garabka ka hooseyso
- Mataga
- Shubanka

Older children may complain of:

- Pain in the ear or jaw
- Ringing in the ear
- Feeling of motion or fullness in the ear

Carruurta weyn waxay ka cawan karaan:

- Xanuun dhagta ama canqowga
- Ka dhawaqayo dhagta
- Dareemayo dhaqaaqa ama buuxnaanta dhagta

- Trouble hearing
- Dizziness

- Dhibaataada maqalka
- Dawaqsanaanta

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.

Daryeelka Canugaaga

Caabuqyada dhagta mararka qaar iskooda u baxaan, laakin waxaa wanaagsan in la arko dhaqtarka canugaaga haddii aastaamaha socdaan wax ka badan labo maalmood.

- Dhaqtarkaaga wuxuu eegayaa dhagta canugaaga oo weyddiyo wax ku saabsan aastaamahiisa ama aastaamaheeda.
- Daawada qalajiyaha ayaa la amri karaa. Iska hubi inaad siisid **dhammaan** daawada, xittaa haddii canugaaga dareemo wanaag.
- Dhaqtarkaaga wuxuu sidoo kale soo jeedin karaa daawada xanuunka dukaanka laga iibsado, sida acetaminophen ama ibuprofen ee kaa caawiya qandhada iyo xanuunka.

Halkaan waa qaababka qaar ee looga hortaga caabuqa dhagta

- U qabo canugaaga dusha midig marka aad quudineysid. Marnaba kor ha ugu keenin dhalada.
- Ka fogey carruurtaada dadka sigaarka cabayo.
- Bar carruurtaada inay dhaqaan gacmahooda inta badan inaysan taaban indhahooda ama sanko daadanayo.

La hadal dhaqtarka canugaaga ama kalkaalisada haddii aad qabtid wax su'aalo ah ama walaacyo.