

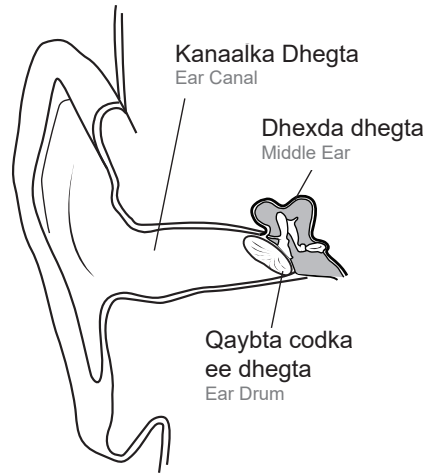
# Caabuqa Dhegta Dhexe

## Middle Ear Infection

Middle ear infection is called otitis media. This infection occurs when germs get into the middle ear and the area fills with fluid.

Germs from a cold or flu can lead to a middle ear infection.

Fluid build-up in the middle ear can put pressure on your eardrum causing pain or other symptoms.



Caabuqa Dhegta Dhexe waxaa sidoo kale loo yaqaan caabuqa gudaha dhegta. Caabuqaan waxa uu badanaa yimaadaa marka jeermis uu gaaro dhexda dhegta kadibna aagaas waxaa iska buuxiya dareere.

Jeermisyada qaboobaha ama kan hargabka ayaa keeni kara caabuqa dhexda dhegta.

Dareeraha ku aruura dhegta dhexdeeda ayaa cadaadis saari kara xubinta codka ee dhegta

waxayna arrintaan sababaysaa xanuun ama calaamado kale.

## Signs and Symptoms

- Ear pain
- Fever
- Drainage from the ear
- Hearing loss
- Loss of balance

## Astaamaha iyo Calaamadaha

- Dhag xanuun
- Qandho
- Dheecaan ka yimaada dhegta
- Maqal la'aan
- Dheelitir la'aan

## Your Care

- Your doctor will ask you about your symptoms and check your ears.
- Ear infections often go away on their own.
- Antibiotic medicine may be ordered for severe infections. Take all of your medicine as directed.
- Follow your doctor's recommendations to treat pain using over-the-counter pain relievers.

## Daryeelkaaga

- Dhaqtarkaagu waxa uu wax kaa waydiin doonaa calaamadahaaga waxa uuna kugu sameyn doonaa baaritaan.
- Caabuqa dhegta badanaa si iskiis ah ayuu iskaga baaba'aa.
- Daawooyinka difaaca jirka ayaa lagu siin karaa haddii aad qabtid caabuqyo daran. U qaado daawooyinka dhammaan sida laguugu soo qoray.
- Raac soojeedinada dhaqtarkaaga si aad u daaweyso xanuunka adoo isticmaalaya daawooyinka dukaamada.

- Do not put anything in your ears including liquids, herbs or cotton-tipped applicators unless directed to by your doctor. They can block your ear canal, causing a loss of hearing or infection.

### **Call your doctor right away if you have:**

- Pain that gets worse
- Fever that gets higher or does not go away
- Drainage that gets worse
- Hearing loss

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

- Waxba ha gelin dhegtaada oo ay kujiraan biyo, daawooyinka dhirta ama shay caag ah illaa dhaqtarkaagu kugula taliyo mahee. Waxay xiri karaan daloolka dhegtaada, waxayna kugu sababi karaan maqal la'aan ama caabuq.

### **Soo wac dhakhtarkaaga isla markaas haddii aad qabto:**

- Aad qabto xanuun ka sii dara
- Qandho kasii daraysa ama aan baaba'ayn
- Dheecaan dhegta ka imaanaya oo kasii daraaya
- Maqal la'aan

**La hadal dhakhtarkaaga ama kalkaalisada haddii aad qabto wax su'aalo ah ama walaacyo ah.**