

EAR PAIN/RINGING

Symptoms:

- Pain
- Ringing in Ears

Home Care/Self Treatment:

- OTC pain relievers
- Warm moist cloth or heating pad to affected ear
- OTC decongestant
- Decrease use of aspirin
- Use ear protection for loud noise exposure
- Avoid nicotine, caffeine, and alcohol

Seek Medical Attention if:

- Pain for longer than one day
- Fever
- Ear drainage present
- Significant hearing loss or dizziness
- Vomiting