

WORLD HEARING DAY

3 March 2022



PLATINUM HEALTH

World Hearing Day is held on 3 March each year to raise awareness on how to prevent deafness and hearing loss and promote ear and hearing care across the world.

DO'S

- Clean the outer part of your ear with a soft cloth.
- Go to the doctor or health-care provider in case of ear pain, discharge, or any difficulty in hearing.
- Only use medicines prescribed by a healthcare provider.
- Use ear plugs in noisy places to protect your hearing.

DON'TS

- Put inside your ear: Q-tips/ cotton buds, sticks, oils or home remedies.
- Swim or wash in dirty water.
- Share earphones or ear plugs with others.
- Listen to loud sounds or music.

For more information or assistance, kindly talk to a Platinum Health healthcare provider.



What causes fluid or pus from ears?

- Discharge from ears is mostly due to infection. **DO NOT** ignore fluid or pus coming from the ear. **CONSULT** a doctor or healthcare provider immediately.
- Remember - ear infections can be treated. Act without delay.

What should I do for the ear pain?

- **GO TO** a doctor or healthcare provider who can check your ears.

DO NOT

- Put anything in the ear.
- Put hot or cold oil into the ear.
- Use home remedies.
- Use ear drops that have not been prescribed by a healthcare provider.