

# Have you heard? Earwax is normal!



## Earwax:

- acts as a waterproof lining of the ear canal
- protects the ear canal from germs that can cause infection
- keeps out dirt, dust, and other particles



Ear canals are self-cleaning!



## Dos & Don'ts of Earwax:

### ✓ DO let earwax come out by itself

- Only 5% of children produce more earwax than average
- Earwax only needs to be removed if it's causing symptoms

### ✓ DO call a doctor if your child is showing symptoms

- May include hearing loss, dizziness, ear pain, or itchiness

### ✗ DON'T push cotton swabs into your child's ear canal

- They push wax deeper, which can cause blockage and pain
- Improper cotton swab usage causes over 10,000 ear injuries each year in the US

### ✗ DON'T dig wax out with any other device

- If there is wax buildup, only allow your healthcare professional to remove it

