



Health Promotion on  
St Helena

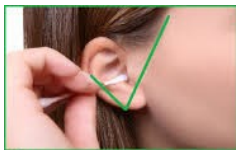


## Health Matters

### *Do you use cotton buds in your ears?*

The Health Directorate has recently seen a number of individuals with ear infections and problems that appear to have been aggravated or caused by the use of cotton buds, to clean the ear.

The ears are an extremely sensitive and delicate area. If great care is not taken when cleaning your ears, it could result in impaired hearing, infection, and/or painful long-term damage.



✓ Cleaning Outside of Ear



✗ Cleaning Inside of Ear



**DON'T** try to remove a build-up of earwax yourself with either your fingers, a cotton bud, or any other object. This can damage your ear and push the wax further down. If the earwax is only causing minor problems, you can try buying some eardrops from the Pharmacy. These can help soften the earwax so that it falls out naturally (NHS Choices).

If you have particularly troublesome symptoms or if the eardrops haven't helped after three to five days, please visit the Community Nurses.

Anyone requiring further information can contact the Health Promotion Team on tel: 22500 or via the following email address: [marian.yon@publichealth.gov.sh](mailto:marian.yon@publichealth.gov.sh)