



Produced by

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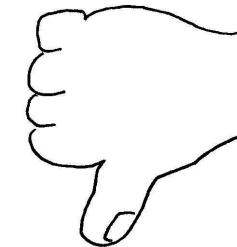
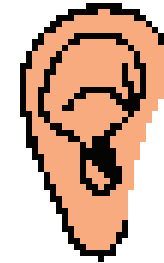
ALDD/ 077

Acknowledgements to:

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Dry Ear

(Keeping your ears dry and stopping infection)





What you must do
to keep your ears
dry when you
.....bath, shower
and wash you hair



What you need to do.....



Wash your hands



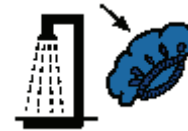
Take a small piece
of cotton wool



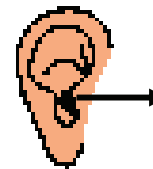
Lightly cover the
cotton wool with
Vaseline



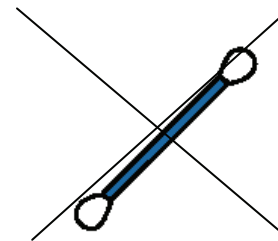
Put the cotton wool
into your ear, so it
will not fall out



You can also use ear
plugs or a shower cap
to keep your ears dry



Remember to take out
the cotton wool or ear
plugs when you have
finished



Never use cotton
buds, this can hurt
your ears.