## Changing mindsets about

## EAR CARE

Ear Wax

MYTH:

Needs to be cleaned

**REALITY:** 

Ears are self-cleaning

Ear pain

MYTH:

Treat with a home remedy

**REALITY:** 

See a health professional

Cotton buds

MYTH:

**Good for ears** 

**REALITY:** 

**NOT for ears** 

Discharge from ears

MYTH:

Small inconvenience

**REALITY:** 

An urgent problem



