

HEALTHY KIDS CONNECTIONS



FALL
2010

LISTEN UP! TAKE CARE OF YOUR EARS

We want to give you an earful about taking care of your ears. The first thing is don't stick anything sharp in them. You could cut yourself and get an infection.

In fact, be careful about sticking *anything* in your ear. You may hear someone say you shouldn't stick anything that's smaller than your elbow in your ear. It's true. You may want to use a cotton swab to clean out ear wax. But this could push the ear wax deeper into the ear. Then it could get stuck.


The best way to take care of your ears? Simply wash them with soap and water while you wash the rest of your body. Don't forget to scrub behind them!



SOUND
Bites

That thing a doctor uses to look inside your ears? It's called an "otoscope." (Say oh-tuh-scope). It's pretty much made up of a magnifying lens and a light.

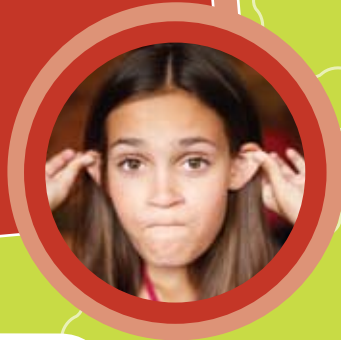
LOOK INSIDE FOR...

- ★ why do people get earaches?
 - ★ say what?
 - ★ have you heard?
 - ★ joke corner
 - ★ word seek: look hear
 - ★ pop! goes your ears
 - ★ facts about wax
 - ★ parts of the ear
- 

WHY DO PEOPLE GET EARACHES?

An earache happens when too much fluid puts pressure on your ear drum. (This is the part that separates the middle ear from the outer ear.) Earaches can be caused by a virus, an infection or allergies.

Have you ever had “swimmer’s ear”? It can be a real pain. So when you get out of the water, tilt and shake your head. That will help let all of the water drain out of your ears.



SOUND Bites

Loud music can damage your hearing. So turn down the volume and don't sit too close to loud speakers.

SAY WHAT? PROTECT YOUR HEARING

Being able to carry your tunes with you is great! But listening for hours at high volume can affect your hearing. It can also block out noises that keep you aware of what is going on around you.

If other people can hear the music when you're wearing headphones or ear buds, then it's too loud. It's also important to give ears a break. That's true even if your music plays at a lower volume.

So be safe. And save your ears!

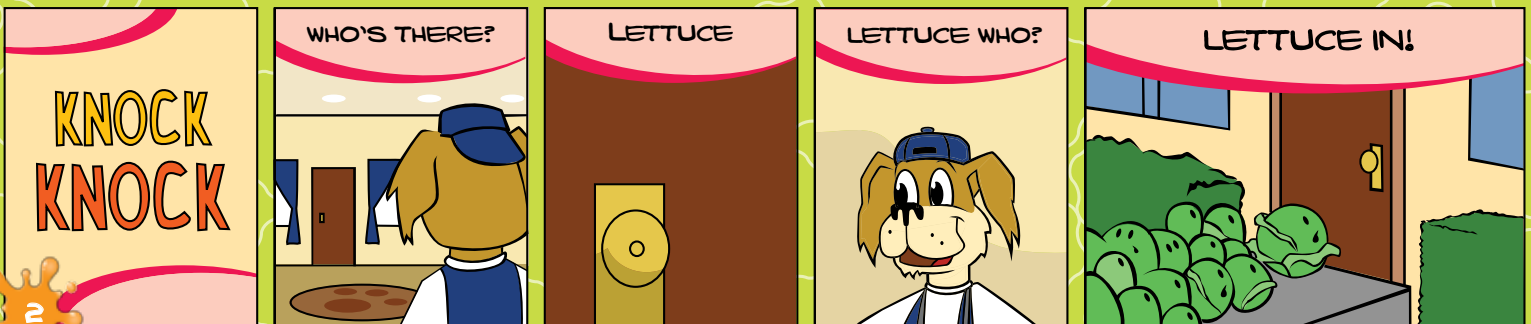
Source: BAM! Body and Mind by the Centers for Disease Control and Prevention (CDC)

HAVE YOU HEARD?

COOL FACTS ABOUT SOUND

- Sound travels at the speed of 1,130 feet per second. That's 770 miles an hour!
- A “decibel” (say dess-uh-bul) is a unit. It measures the loudness of a sound.
- Kids have more sensitive ears than adults do. You can recognize more noises!
- Animals can hear more sounds than humans can.
- Of all animals, dolphins have the best sense of hearing.

JOKE CORNER



WORD SEEK

LOOK HEAR

Let's hear it for ears! Find these words hidden in the box to the right. Look up, down, across, backward and at a slant.

- | | |
|----------|----------|
| Balance | Loud |
| Decibel | Otoscope |
| Ear Drum | Sound |
| Hearing | Volume |

L	Z	F	O	T	O	S	C	O	P	E
N	M	V	R	T	V	V	W	W	D	Z
K	E	G	K	X	O	Y	C	O	E	X
D	A	L	N	J	R	O	A	L	C	R
N	R	X	E	I	Y	S	E	O	I	U
U	D	S	U	G	R	C	G	U	B	S
O	R	K	N	J	N	A	G	D	E	G
S	U	O	O	A	O	Q	E	N	L	L
R	M	G	L	V	D	B	W	H	L	S
W	D	A	Q	V	D	H	V	R	W	W
C	B	Z	R	V	O	L	U	M	E	Q



Not only do your ears help you hear sounds, they help you keep your balance, too!

POP! GOES YOUR EARS



Ever wonder why your ears pop when you dive down into the deep end of a swimming pool? Or when you're swimming and go under too far? Well, it has to do with pressure. This is pressure that comes from the water pushing in on you, and the air trapped in your ears pushing out.

You can even out the pressure by holding your nose shut with your fingers and blowing out your nose. You will hear your ears pop and the pain and pressure should go away. If this doesn't work, try yawning. This trick also helps to free the pressure.



FACTS ABOUT WAX

Ear wax—that gunk inside your ears—is good! It keeps out things like dust, dirt and even bugs.

Where does ear wax come from?

It's made by glands inside your ears to protect them.

What happens to it?

Old ear wax usually just falls out. It can come out in flakes or small blobs.

Why shouldn't I clean deep inside my ear?

You might push wax down farther into your ear. Worse, you might puncture (stab) your ear drum. If a wax plug ever causes you problems, tell your doctor.

Source: BAM! Body and Mind by the Centers for Disease Control and Prevention (CDC)

To contact Member Services,
call 1-800-608-8158 (TTY 1-877-650-0952).

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PARTS OF THE EAR

Outer ear—The part you can see. It protects the ear drum. It takes in sound waves and guides them to the inner ear. (This is also where the ear canal is—the part that makes wax.)

Middle ear—This is where the ear drum is. The middle ear takes sound waves and turns them into vibrations.

Inner ear—When sound reaches the inner ear, it creates signals that let your brain know that sound.

