



UNIVERSITY HEALTH CLINIC HEALTH ADVISORY

Care for your ears

DO



Clean the outer part of your ear with a soft cloth



Go to the doctor or health worker in case of ear pain, discharge, or any difficulty in hearing



Only use medicines prescribed by a health worker or doctor



Use ear plugs in noisy places to protect your hearing

DON'T

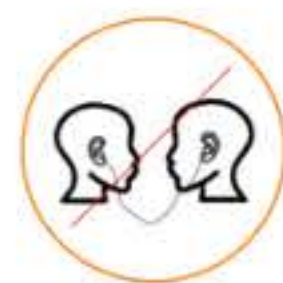


Put inside your ear

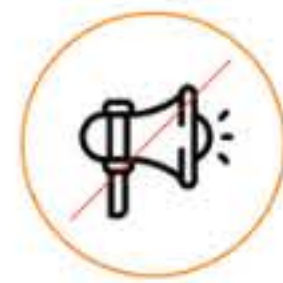
- Q-tips/cotton buds
- Hopi candles
- Sticks
- Oils
- Home remedies



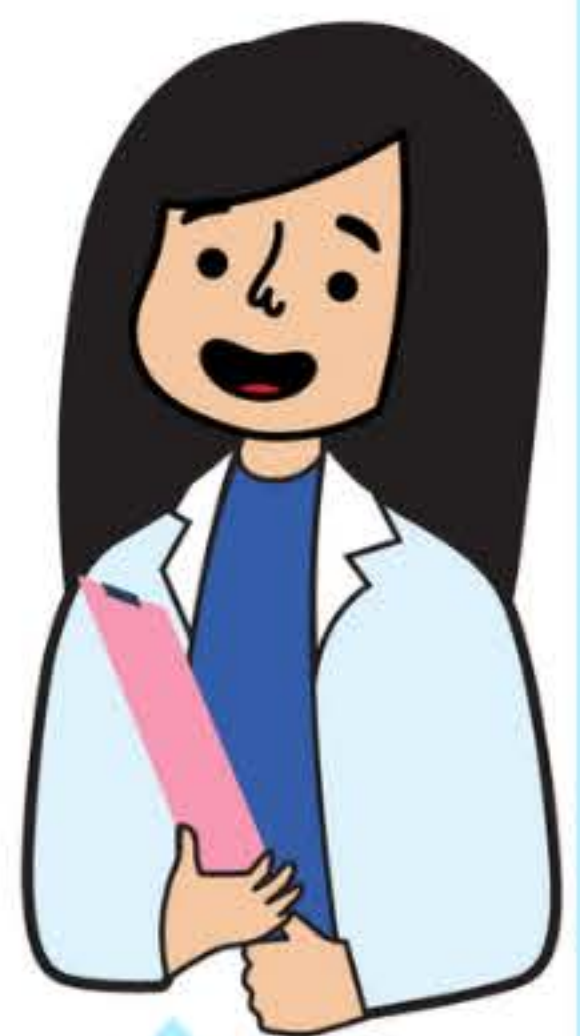
Swim or wash in dirty water



Share ear phones or ear plugs with others



Listen to loud sounds or music



#UHCares

Source: WHO HEALTH ADVISORY



Trunkline: (046) 416 4531

★ UHC WEST (GMH 114) loc no: 3039
Mon-Thurs 7:00 am - 6:00 pm; Fri 7:00 am - 5:00 pm; Sat 8:00 am - 5:00 pm

★ UHC EAST (JFH 108) loc no: 3100
Mon - Thurs 10:00 am - 8:00 pm; Fri 11:00 am - 8:00 pm

★ UHC HS CLINIC loc no: 3304
Mon - Fri 7:00 am - 7:00 pm



univhealthclinic@dlsud.edu.ph



www.dlsud.edu.ph