

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**

