



Produced by

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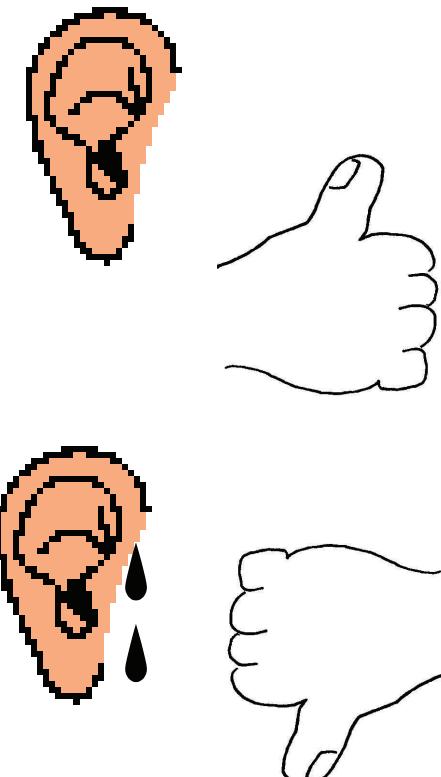
ALDD/ 077

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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 your hair

What you need to do.....



Wash your hands



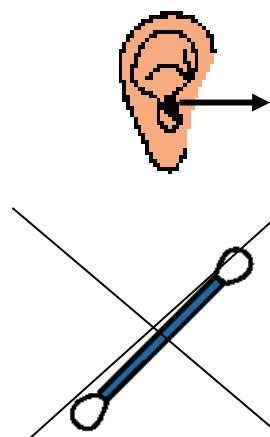
Take a small piece of  
cotton wool



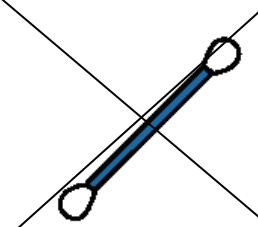
Lightly cover the  
cotton wool with  
Vaseline

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.