Otitis Media, is more commonly known as a middle ear infection. It is most common in 6-24 month olds with a peak in 6-12 months of age. Having a prior upper respiratory infection (common cold) allows a perfect setup for bacteria to grow in the ear causing a middle ear infection.

**Symptoms of a Middle Ear Infection**

- Ear pain
- Rubbing of the ear
- Fever
- Often have a runny nose/cold preceding
- Could have draining from ear
- Fussiness

**Are Middle Ear Infections Contagious? What is its Duration?**

Ear infections are not contagious. The duration of most ear infections is between 3 and 5 days.

**Treatment & Symptom Management**

If a child is diagnosed with a middle ear infection, antibiotics will be prescribed as treatment.

**Prevention**

The biggest protective factor for those up to 2 years of age is breastfeeding with exclusive breastfeeding for at least 6 months. Staying up to date on immunizations helps protect against the most common causes of middle ear infections.

**When Can a Sick Child Return to Day Care, School, and other Social Settings?**

Ear infections are not contagious, however, if a child has a fever or is unable to safely participate they should be excluded from social settings.