

## Summer Ear Care Tips from Auro®

When summer comes, it's all about fun in the sun. Taking a vacation at the beach, hanging by the pool, or playing in the backyard sprinkler are all great ways to beat the heat and enjoy the great outdoors. Unfortunately, sometimes getting on a plane or getting into the water can mean a bit of trouble for your ears.

Here are some tips to help you enjoy a summer free of ear discomfort:

### DIVE IN! Healthy Swim Tips:

- Use Auro® Ear Drying Aid before swimming to help prevent water clogging
- Use earplugs to prevent water from entering your ears
- If water does enter the ear, use a product like Auro®'s Ear Drying Aid to remove excess water safely
- If you start to feel pain in your ear, see a doctor
- If you are being treated for swimmer's ear or an ear infection, avoid being in the water for a few days so that your ears can heal
- Oh! And don't forget sunscreen, even on the tips of your ears!



### TAKE OFF! Healthy Air Travel Tips:

- Chew gum or drink fluids to help equalize pressure in the ear
- Hold your nose and swallow or gently push air toward your ears to equalize pressure
- Try to avoid flying when you have a cold or any respiratory illness