**SYMPTOMATIC MANAGEMENT GUIDELINES FOR NON-HEALTH STAFF**

# EARACHE

Authorized non-health staff may manage earaches as follows:

1. Ask the student about the presence of nasal congestion, a “cold,” or recent swimming.
2. Check the student’s temperature.
3. Offer the student acetaminophen 650 to 1000 mg every 4 hours [MDD 4 g] **or** ibuprofen 400 to 600 mg every 6 hours [MDD 2400 mg] for ear pain.
4. Topical heat may be applied for comfort (e.g., hot pack, hot shower, heating pad).
5. Refer to the health and wellness center the next day.

**WHEN TO CONTACT THE ON-CALL HEALTH AND WELLNESS STAFF**

* If student’s temperature is >101°F
* If the student’s ear pain is not controlled by the above meds (#3)
* If there is any pus-like drainage from the ear canal