

There is a **FISHY** in my ear!

A Storybook About EAR INFECTIONS for Children



Written and Illustrated by Yusra Rahman



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Written and Illustrated by Yusra Rahman
Reviewed by Dr. Raafia Siddiqui



The school bell finally rang.



**Dean and his friends were excited
for their summer vacation!**





**While on summer break, they love
to play hopscotch!**





They love to go to the mall!



But most of all...

They LOVE to swim!



**One day when Dean was out for a
swim,**



he noticed something odd.





“My ears are **Itchy**, **painful**, and
there is **FLUID** coming out of them!”
Dean told his Grandpa.



I am worried that...

**there is a
FISHY
in my ear!**



**Well hold on Dean, I don't quite
think there is a fish in your ear.**



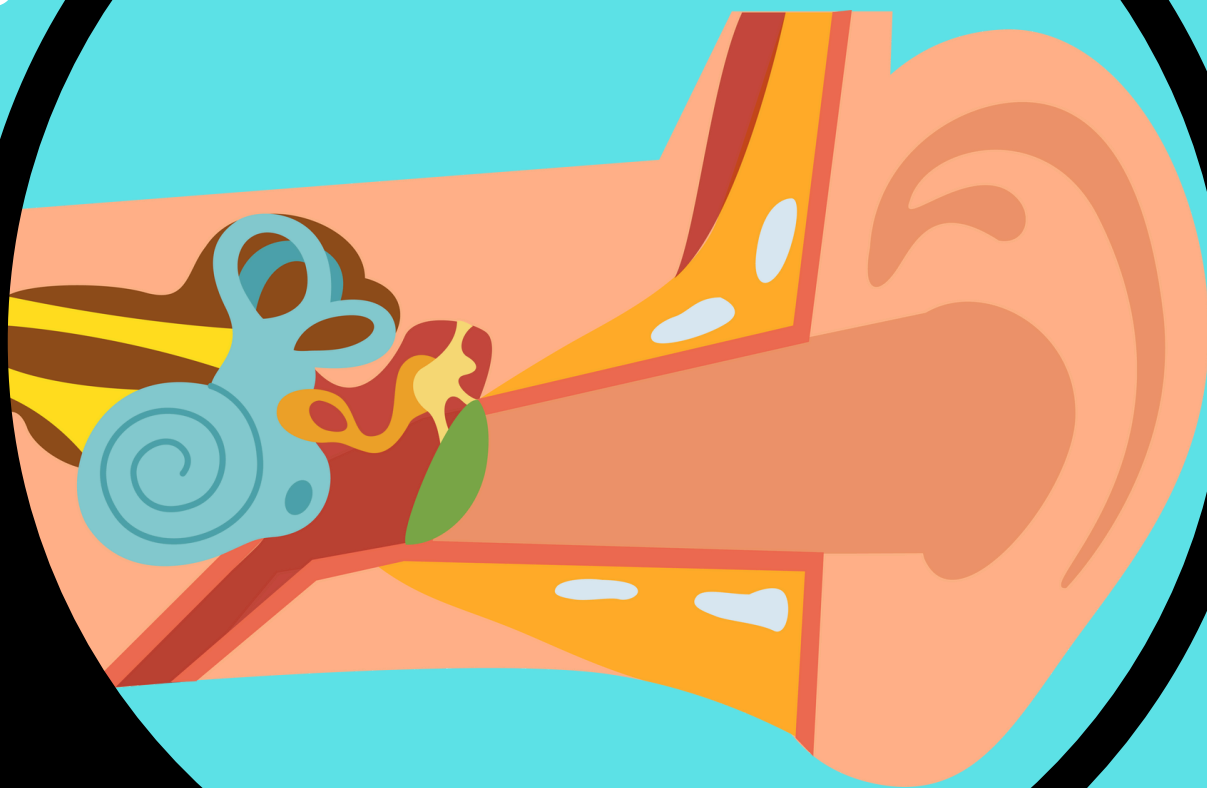
You might have an ear infection!

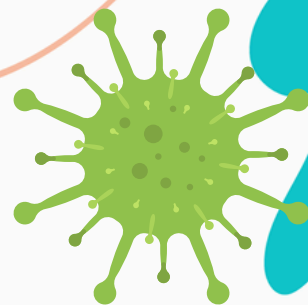
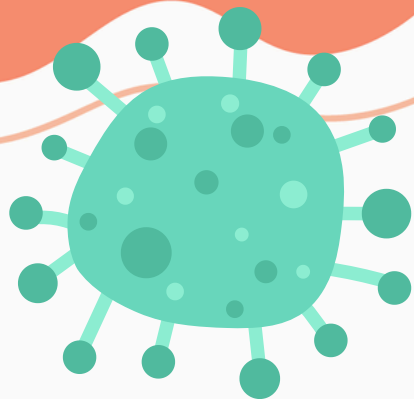


You can get an ear infection if the
inside structures of your ear
become swollen.

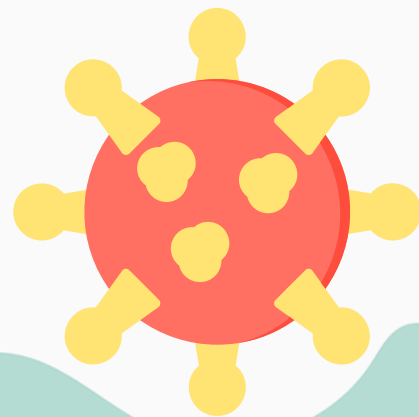
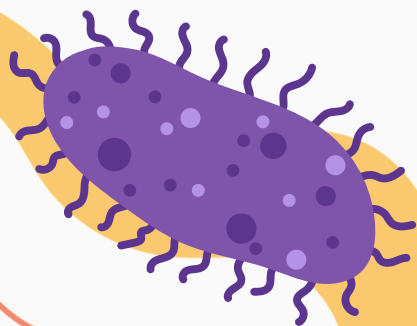


Here's a sneak peak inside Dean's ear!





**That's why it might feel like you
have something in your ear!**





You may even get a fever, cold, or throat infection too.

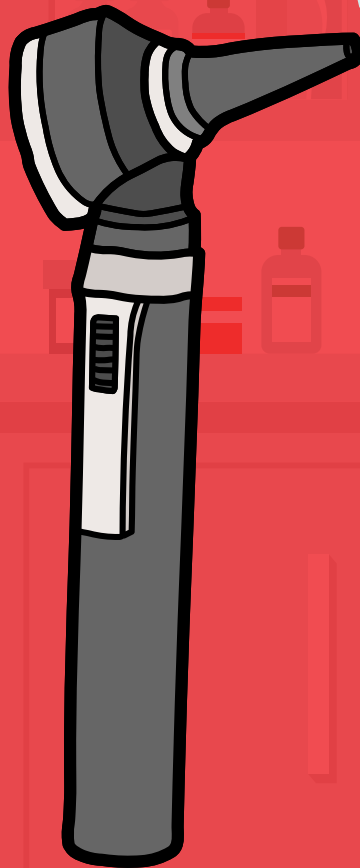




**Dean was glad to hear that he did
not have a fish in his ear.**

**Dean and his grandpa decided to
go to the doctor for a check up
just in case.**






The doctor has to use a special device called an “Otoscope” to see where exactly the infection is.

Your doctor might give you a special medication called an antibiotic or ear drops to fight off the infection.



...Or they may just ask you to wait it out!

The background is a solid blue color, decorated with numerous small, rectangular pieces of confetti in various colors including light blue, orange, and light green. These pieces are scattered across the entire frame. In the center, there is a horizontal band of a lighter blue color. Overlaid on this band is a text box containing the following text:

**Sometimes, when ear infections
get really bad, your doctor might
ask you to do a special surgery to
make sure your hearing and
speaking do not get affected.**

**...but that is definitely not always
the case!**



A few weeks later, Dean went back to the pool with his friends.



This time, Dean and his grandpa made sure to keep his ears as dry as possible after swimming to make sure he doesn't get another ear infection.



And the only fishies he saw...

...were those underwater.



DISCLAIMER:

This book is not meant to replace medical advice. Contents of this book are for educational purposes only. Always seek the advice of a qualified healthcare provider with any questions you may have regarding your medical condition. If you are experiencing a medical emergency, call your local emergency services immediately.

Resources

Public Health of Ontario
Ear infection information
Poster



Centers for Disease
Control & Prevention
(CDC) Ear Infection Basics



Middle Ear Infection
(Otitis Media)



Swimmer's Ear Infection
(Otitis Externa)



ABOUT THE AUTHOR

Yusra Rahman is a third year undergraduate student studying Health Sciences at McMaster University. Having eczema as a child growing up, she knew how challenging it could be for young children to deal with health issues. Channelling her interest in graphic design, she started a children's books series on various health issues. Her goal was to empower children by normalizing and educating them on common medical conditions. In her free time, Yusra enjoys playing and coaching soccer.

ABOUT THE EDITOR

Dr. Raafia Siddiqui is a family physician working in Markham Ontario. She completed her Medical Doctorate at McMaster University and her residency in family medicine at the University of Toronto. Dr. Raafia has clinical interests in newcomer health, functional medicine, and psychotherapy. Outside of work, she enjoys spending time with her 6 month old daughter.

