



A child's  
**ear infection**  
is the **most**  
**common**  
cause of a  
visit to a  
**Health Care**  
**Professional.**

Many ear infections can be prevented.

**Prevent ear infections in your child:**

- Breastfeed your baby to build a healthy immune system.
- Make sure your child's immunizations are up-to-date.
- Keep your child away from cigarette smoke.  
Take the smoke outside.

For more information, visit [www.tbdhu.com](http://www.tbdhu.com)  
Call the Thunder Bay District Health Unit:  
625-5972 or toll-free 1-888-294-6630

