

Ways To Keep Water Out Of Your

Ears When Swimming



Wear a bathing cap when swimming.

Use a towel to dry your ears post-swimming.



Tilt your head on each side to drain water from the ear canals.

Use a hair dryer on low settings to dry excess water.



Avoid using cotton-tip swabs to dry the ears.

Avoid removing earwax unless necessary.



Reference:

Facts About “Swimmer’s Ear”; Centers for Disease Control and Prevention