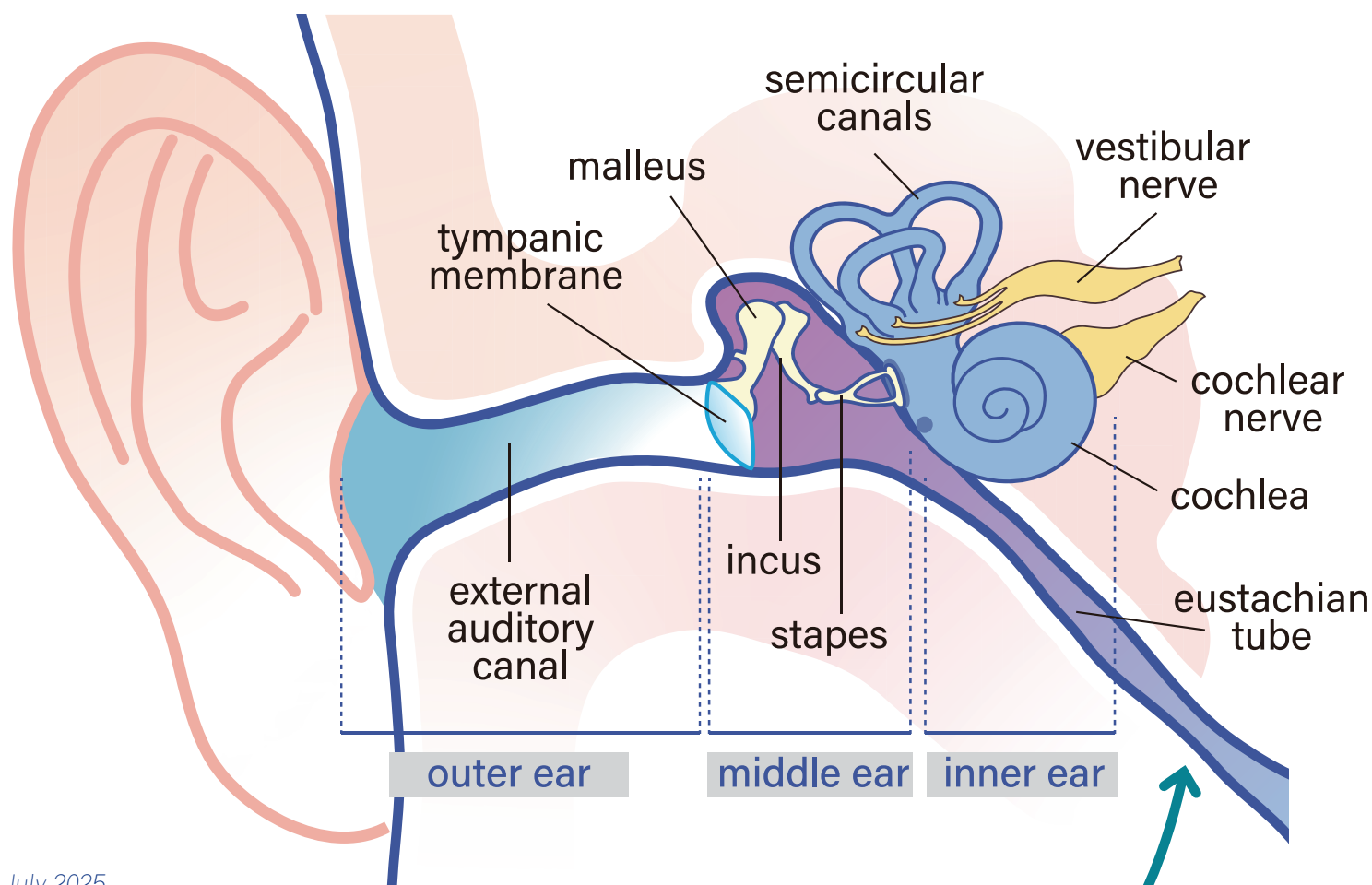


Blow, breathe, cough, exercise, wash and chew for healthy ears



July 2025

Blow, Breathe, Cough, Exercise, Wash and Chew

- blow your nose until it's empty
- take deep breaths
- cough to clear the lungs
- exercise to get the air into our lungs
- wash your hands
- chew yummy crunchy fruit and vegetables.

Why?

- To clear the nose – this helps unblock our ears so we can hear better.
- To clear the lungs – to get lots of air for the energy we need.

The Eustachian tube

Sometimes when a child has a cold, croup or a runny nose the Eustachian tube gets blocked. This can be the start of ear disease.

The Eustachian tube is the tube that allows air into the middle ear space to keep it healthy. It is the space between the back of the nose and throat and the middle ear.

When children are very young, this tube is very narrow and doesn't drain well so it can become blocked. As they grow up the tube becomes wider and drains better.

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How to Blow, Breathe, Cough, Exercise, Wash and Chew?

You need: tissues, rubbish bin/bag, sanitiser or soap and water.

1. Blow your nose

Sit down with tissues and a rubbish bin. Blow each nostril, one at a time into a tissue until the nose is empty. Put the tissue in the bin. Check it is empty by pressing against one side of your nose (nostril) with a finger and give a good blow out of the other nostril. Check to see if the air is getting in. Take a big breath in through your nose (remember to keep your lips together).

2. Breathe and cough to clear the chest

Take five deep breaths. Then give two strong coughs to get the rubbish out.

3. Exercise

Do ten big jumps, or another energetic exercise.

4. Breathe and cough again

Take five deep breaths. Then give two strong coughs into your elbow to get the rubbish out.

5. Wash your hands when finished

6. Chew

Chewing hard crunchy fruit and vegetables helps open the Eustachian tube and allows air into the middle ear space, keeping the ear healthy.

Contact your local Community Health Centre to book a hearing test