

# PROTECT YOUR HEARING AND LISTEN CAREFULLY

Loud sounds can be harmful and cause damage to the sensitive structures in the inner ear, leading to **noise-induced hearing loss (NIHL)**. NIHL can be immediate or take a long time to become noticeable. Luckily, there are **easy ways to protect your hearing** early on.

## DID YOU KNOW?

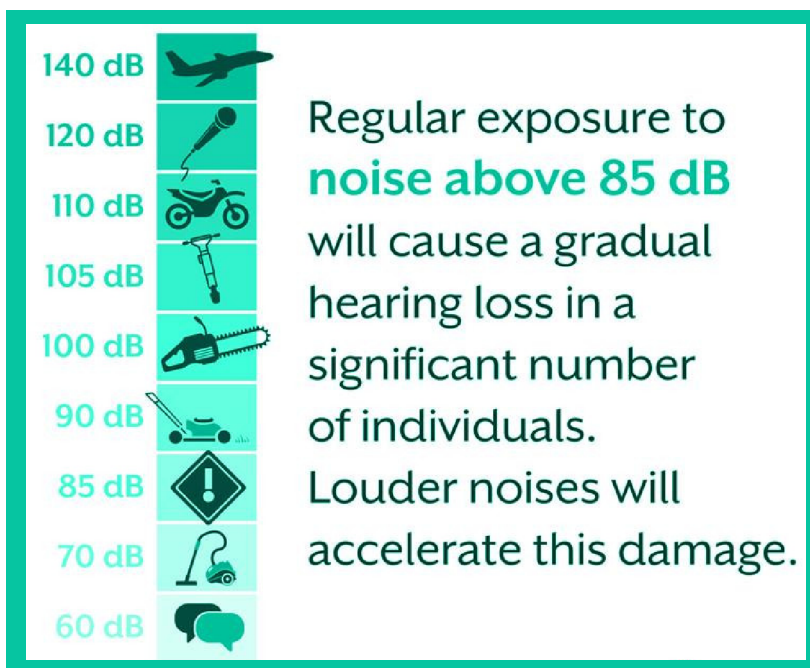
# 44M

Adults have noise-induced hearing loss, according to the Center for Disease Control and Protection.

# 70%

Of people exposed to noises in harmful range seldom wear hearing protection.

## KNOWING HOW LOUD YOUR EVERYDAY SOUNDS ARE CAN MAKE ALL THE DIFFERENCE



## 10 TIPS FOR HEALTHY HEARING

- Use hearing protection around loud sounds, such as foam or custom earplugs.
- Turn the volume down and keep the volume at 65 to 70 decibels.
- Avoid loud or noisy activities/places, when possible.
- Limit your time exposed to loud sounds.
- When listening to loud sounds (like concerts or fitness classes), take breaks from the noise.
- Keep a distance from the loudest sound source (like speakers or fireworks).
- Give your ears time to recover after being exposed to loud noises.
- Do not put anything smaller than your elbow in your ear, like cotton swabs or bobby pins.
- Exercise – this keeps the blood pumping throughout the body and the internal parts of your ears healthy.
- Get your hearing tested regularly, especially if you experience a change in your hearing.

While hearing loss cannot be reversed, people can – **and should** – protect against it.

For more information visit [Listencarefully.org](https://www.listencarefully.org)

**LISTEN**  
**CAREFULLY**