

CAN YOU HEAR ME NOW?



Loud noises heard just once or over time can damage your hearing forever!
The louder the sound, the faster the harm.

How loud is loud?

Sounds are measured in decibels (dB), anything over 85 dB may cause problems.

Under 85 db	Over 85 db
Air conditioner in room - 60-70 dB	Firecrackers - 90-100 dB
Hair dryer - 80 dB	Personal stereo player - 120 dB
Restaurant noise - 80 dB	Amplified rock concert - 120 dB
Telephone dial tone - 80 dB	Firearms - 140 dB

How to protect your hearing:



- ◆ Avoid loud noises - if you have to shout to be heard it's too loud!
- ◆ Give your ears a rest! Take frequent breaks from noise.
- ◆ Turn it down. Don't max the volume on personal music players, in the car or when playing video games.
- ◆ Use earphones that go around your head or ears rather than "ear buds."
- ◆ Don't hang out near the speakers at shows.
- ◆ Use earplugs (you can buy them at drug stores) while snowmobiling, at auto races, using loud tools or listening to live music.

Have your hearing checked if you notice:

- ◆ Ringing or pain in your ears
- ◆ Temporary hearing loss after loud noises
- ◆ Difficulty hearing soft noises
- ◆ You need to turn up the TV
- ◆ You are having trouble hearing people talking

Don't Take Your Hearing for Granted!

For more information visit the
National Institute on Deafness and Other Communication Disorders at
www.nidcd.nih.gov/health/hearing/noise.asp

