

World Hearing Day 2022

To Hear for Life,

Listen With Care!



Hearing loss occurs at all ages—make efforts to protect your hearing now.

Noise Induced Hearing Loss (NIHL) can occur at loud events or during noisy activities including...



Sporting Events



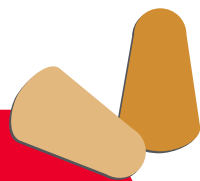
Restaurants and Bars



Music



Concerts



Using filtered earplugs allows you to enjoy loud events without causing hearing damage.

TIPS

You can determine if venues or activities are too loud with a smartphone or watch app.



< 85 dB

> 85 dB



Limit your exposure to noises at or above 85 dB.

As sound levels increase, the amount of time you can listen until hearing damage occurs, decreases.

Regular hearing screenings, ear exams, and ear protection can prolong and prevent hearing loss over time. Talk to your local hearing care professional about how to keep your ears safe!