

Celebrate Better Hearing and Speech Month – Protect Your Ears!!

Noise-Induced Hearing Loss (NIHL) is caused by exposure to loud sounds and usually occurs painlessly over a period of time. NIHL can be prevented, but cannot be remediated except with the use of hearing devices. Avoid and limit periods of exposure to noise. Don't put objects in the ears such as cotton swabs. Wear hearing protectors such as earplugs or earmuffs. Check for the noise reduction rating, and use correctly to achieve maximum protection. More than 30 million Americans are exposed to hazardous sound levels on a regular basis. Be aware of the activities that you participate in that may lead to NIHL. Refer to the back of this card for a chart of common noises and their associated sound levels. Protect your ears – you only get one pair!!

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