

Too Loud! For Too Long!

**Protect Your Hearing ...
It's a Noisy World!**

5 Ways to Protect Your Hearing

1. Turn the volume down (car radio, personal listening devices, etc.).
2. Walk away from the loud noise.
3. Take breaks from the noise.
4. Avoid loud, noisy activities and places.
5. Use hearing protection.



Centers for Disease
Control and Prevention
National Center for
Environmental Health



DEPARTMENT OF DEFENSE
HEARING CENTER
OF EXCELLENCE

For more information, please visit
https://www.cdc.gov/NCEH/hearing_loss/.

