Too Loud!
For Too Long!

Hearing Loss from Noise is Permanent But Preventable

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.

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