

# Protect Your Hearing This Summer and Year Round!

The National Center for Environmental Health at CDC encourages you to protect your hearing while participating in a noisy activities this summer.

## Below are some examples of noisy activities:



- Watching summer fireworks on the 4th of July
- Mowing the lawn
- Using a gas lawn edger to manicure the lawn
- Using power tools for that summer project
- Watching a baseball game and cheering on your favorite team
- Attending a summer concert
- Exercise class
- Watching a stock car race
- Jet skiing or motor boating
- Going to the movies

Everyday sounds typically do not damage your hearing. However, many people participate in activities that produce harmful sound levels, such as attending loud sporting events and music concerts, and using power tools. Such activities, when repeated over time, will cause hearing loss.

Loud noise can damage sensitive parts of the ear, causing ringing or buzzing in the ear (tinnitus), increased sensitivity to sound (hyperacusis), and hearing loss. Repeated exposure to loud noise over the years affects how well you hear later in life and how quickly you develop hearing problems, even after exposure has stopped.

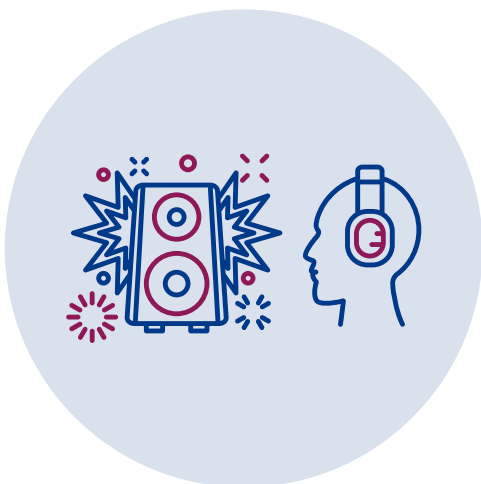
Avoiding noisy situations is the best prevention. But if you can't avoid the noise, use adequate hearing protection. You can protect your hearing and still do the things you enjoy!

## Recommendations to Help Prevent Hearing Loss from Loud Noise:



### AT HOME

- Turn down the volume of the TV, radio, or music.
- If listening to loud music, take listening breaks to reduce your exposure.
- Use quieter products (power tools, toys, recreational vehicles) whenever they are available. (For more, visit CDC's Buy Quiet webpage: <https://www.cdc.gov/niosh/topics/buyquiet/default.html>)
- Use hearing protection devices (such as earplugs, noise-cancelling headphones, and earmuffs) when you cannot avoid loud sounds.
- Make hearing protection convenient. Stash earplugs in your car, backpack, or purse for easy access.
- Keep children away from loud music or equipment at home.



### AT PUBLIC EVENTS

- Move or stay far away from the loudest sound-producing source—such as loudspeakers—especially if attending with children.
- Limit the time of exposure to loud sounds.
- Pay attention to signs warning of possible loud noise or recommending the use of hearing protection.
- Bring hearing protection devices with you. Keep them in your car, pockets, or another place that is easy to access.

Encourage your friends, family, neighbors, and co-workers to protect their hearing while enjoying their favorite activities this summer.

More important, please use hearing protection (earplugs, earmuffs, and noise-cancelling headphones) year-round by planning ahead so you are always prepared to protect your hearing while enjoying your favorite activities. Your ears will thank you for it!



**U.S. Department of  
Health and Human Services**  
Centers for Disease  
Control and Prevention

**For more information**  
on how “Loud Noise Can Cause Hearing Loss,”  
visit [https://www.cdc.gov/nceh/hearing\\_loss/default.html](https://www.cdc.gov/nceh/hearing_loss/default.html)