HEARING FOR LIFE

104-120 dB Range
Live Rock Concert

70 dB
Safe Level

Rocking is loud.

We live in a noisy world. But being around too many loud sounds can cause hearing loss. Once it's gone, it can't come back. From the roar of a must-see setlist to the chirp of your alarm clock, noise comes in all shapes and sizes. With timely intervention and a few simple steps, we can create an impact on our hearing for the present and future. Here are a few ideas.

Don't let hearing loss limit you.

- Avoid noisy places altogether when possible.
- Limit the length of your exposure to loud sounds.
- Consider earplugs or noise-canceling headphones.

Centers for Disease Control and Prevention
National Center for Environmental Health

Learn more: www.cdc.gov/nceh/hearing_loss/