HEARING FOR LIFE

106-114 dB Range
Sports Crowd Volume

70 dB
Safe Level

Winning 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 din of victory at your home stadium to the shriek of sirens at close range, 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/