If you suspect hearing loss in yourself or a loved one, seek a medical evaluation by a physician.

A single, long-lasting loud event can cause hearing loss.

About 40 million U.S. adults, aged 20-69, have noise-induced hearing loss.

Hearing loss from noise can happen to anyone, any age.

Noise is second only to aging as a leading cause of hearing loss.

Hearing loss can build over time.

Hearing loss is unnoticeable in its earliest stages.

Lower the volume or move away from the noise.

Take breaks from the noise.

Avoid excessive noise at work and at play.

Use hearing protection such as earplugs and earmuffs.

SAVE YOUR HEARING

AMERICAN ACADEMY OF OTOLARYNGOLOGY-HEAD AND NECK SURGERY®