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

**SAV E Y O U R  H E A R I N G**

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

Avoid excessive noise at work and at play

Hearing loss from noise can happen to anyone, any age

Use hearing protection such as earplugs and earmuffs

Take breaks from the noise

Hearing loss is unnoticeable in its earliest stages

Hearing loss can build over time

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

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

Lower the volume or move away from the noise

**AMERICAN ACADEMY OF OTOLARYNGOLOGY-HEAD AND NECK SURGERY**