

Block Out the Noise

PREVENTION IS IN YOUR HANDS

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

SAVE YOUR HEARING



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

Avoid excessive noise at work and at play

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

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

Lower the volume or move away from the noise

Take breaks from the noise

Use hearing protection such as earplugs and earmuffs

Hearing loss can build over time

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

Hearing loss is unnoticeable in its earliest stages



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