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

**PREVENTION IS IN YOUR HANDS**

- A single, long-lasting loud event can cause hearing loss
- Hearing loss can happen to anyone, any age
- About 40 million U.S. adults, aged 20-69, have noise-induced hearing loss
- 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
- Take breaks from the noise
- Use hearing protection such as earplugs and earmuffs
- Avoid excessive noise at work and at play

**SAVE YOUR HEARING**

American Academy of Otolaryngology-Head and Neck Surgery®