3 Tips to Prevent Hearing Loss

Encourage your friends and family to protect their hearing by sharing these three tips:

1. **Avoid Deafening Noise**
   From concerts and sporting events to construction zones and lawnmowers, noise exposure is the most common—and preventable—cause of hearing loss. If you need to raise your voice during a conversation, the background noise may be loud enough to affect your hearing.

2. **Carry Ear Plugs**
   If you can’t avoid loud noises, wear hearing protection. Carry a pair of inexpensive foam earplugs to use when you will be exposed to high noise levels. Ensure they fit snugly inside your ear canal and replace every six to eight months under normal wear.

3. **Get a Hearing Test**
   Consider scheduling a routine hearing exam to detect or treat hearing problems in their earliest stage.