

October is National Protect Your Hearing Month

Protecting your hearing doesn't stop when you leave work!

Sounds that are too loud and last too long impact all of us—you, your family, and your friends. Noise-induced hearing loss (NIHL), can be immediate or gradual, and anyone can develop NIHL at any age. Hearing loss is the third most common health problem in older US adults and half of individuals with a hearing loss are younger than age 65.

What can you do to prevent NIHL?

- Limit your time wearing audio devices and keep the volume below the half-way point.
- Wear hearing protection at concerts, sporting events, and while doing yard work with noisy equipment and tools.
- Move away from loud sounds.
- Educate children and young adults—they too, are impacted by NIHL.

Encourage your family and friends to wear hearing protection, get screened, and save their hearing!

You can find additional information at the [American Academy of Audiology](#) and [It's a Noisy Planet](#) (National Institute of Health).



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NIH National Institute on
Deafness and Other
Communication Disorders

[October Is National Protect Your Hearing Month](#)
[NIDCD \(nih.gov\)](#)