

“SAY THAT AGAIN?”

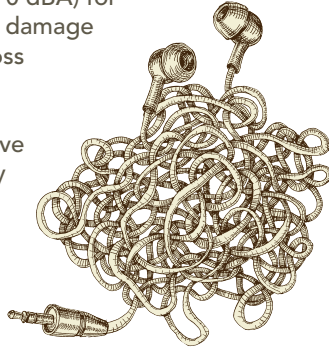
EVERYDAY SOUNDS AND HEARING LOSS

WHAT IS NOISE-INDUCED HEARING LOSS?

When sound is too loud (above 70 dBA) for too long it can cause permanent damage causing noise-induced hearing loss (NIHL).

If the sound is loud enough (above 100 dBA) damage can occur very quickly.

Even at lower volumes, damage can occur over prolonged exposure (like listening to loud music through headphones for too long).

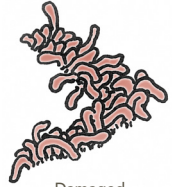


HOW DOES NOISE DAMAGE MY EAR?



Healthy Hair Cell

Tiny sensitive inner ear hair cells are damaged by loud sound. This damage is experienced as hearing loss.



Damaged Hair Cell



Over 37.5 million adults in the United States report having some trouble hearing.



1 in 5 teenagers in the United States has a hearing loss.

EVERYDAY NOISE: HOW LOUD IS TOO LOUD?



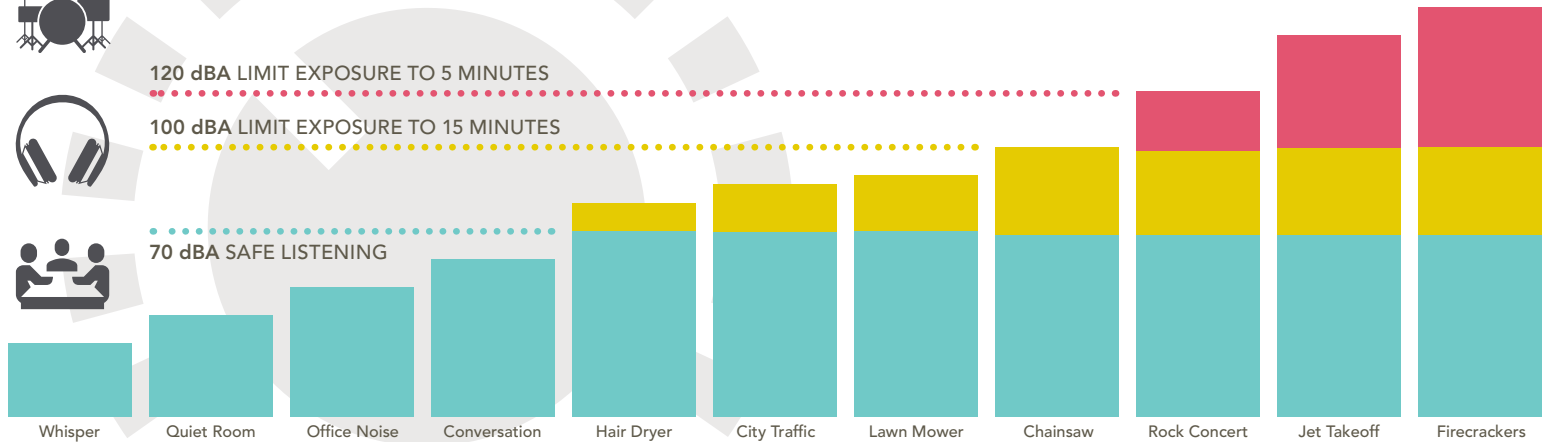
120 dBA LIMIT EXPOSURE TO 5 MINUTES



100 dBA LIMIT EXPOSURE TO 15 MINUTES



70 dBA SAFE LISTENING



WHAT DOES HEARING LOSS SOUND LIKE?

For people with hearing loss, speech may sound muffled or distorted which can make understanding similar sounding words difficult.

Q: ARE YOU HERE THURSDAY?
A: YES, I AM VERY THIRSTY!



HOW CAN I RAISE AWARENESS?



SUPPORT PUBLIC HEALTH CAMPAIGNS



ADVOCATE FOR LOWER VOLUME IN PUBLIC



KNOW THE FACTS ABOUT NIHL



EDUCATE OTHERS AND SPREAD THE WORD

CUTTING EDGE RESEARCH!

Noise-induced hearing loss is permanent! But scientists and researchers are working on ways to repair NIHL damage.



GENE THERAPY



ANTIOXIDANTS (PROTECTION)



REGENERATION STUDIES

LEARN MORE!

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