KEEP YOUR HEARING IN CHECK

PROTECT YOUR EARS

- Hearing loss from noise exposure is 100% avoidable
- Avoid noise over 85 decibels
- Wear earplugs when exposed to loud noise
- See a doctor right away if an ear infection is suspected

KNOW THE SIGNS OF HEARING LOSS

- Problems hearing on the phone
- Often asking people to repeat themselves
- Trouble understanding women and children
- Hearing a ringing, roaring, or hissing sound a lot

GET TREATMENT

- Untreated hearing loss can get worse
- Some types of hearing loss can be restored, from ear-wax build-up, a punctured eardrum, or fluid build-up
- Other forms of hearing loss can be treated with a hearing aid, medication, or cochlear implant
Do what you can to protect your hearing everyday.

“When you lose your eyesight, you lose contact with things. When you lose your hearing, you lose contact with people.” -Helen Keller

MAXIMUM iPOD LISTENING TIME PER DAY GUIDE
(Table Based on Figor and Portnuff, 2006)

<table>
<thead>
<tr>
<th>% of Volume with Headphones</th>
<th>100</th>
<th>90</th>
<th>80</th>
<th>70</th>
<th>60</th>
<th>10-50</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>5 Minutes</td>
<td>18 Minutes</td>
<td>1.2 Hours</td>
<td>4.6 Hours</td>
<td>18 Hours</td>
<td>No Limit</td>
</tr>
</tbody>
</table>

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