



Are you at risk for Noise-Induced Hearing Loss?

Minimizing Your Risk

Here are some tips to reduce the risk of hearing loss due to recreational noise:

- Keep the sound at enjoyable but safe levels!
- Wear ear protection at sporting events, concerts, even at bars.
- Limit the amount of time you spend listening to loud music.
- Do not stand beside the big loud speakers at music or sporting events.
- Keep your volume low, in general, and only turn up the volume for your *FAVOURTIE* song.
- **TAKE ACTION:** See a hearing health professional if you have any concerns about your hearing.



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Is This Really an Issue?

According to the World Health Organization (WHO) report of February 2017, these are the key facts:



1.1 billion young people (aged between 12-35 years) are at risk of hearing loss due to exposure to noise in recreational settings.

60%

60% of childhood hearing loss is due to preventable causes.

Unaddressed hearing loss poses an annual global cost of 750 billion international dollars.

750 billion international dollars



Communicaid For Hearing Impaired Persons (CHIP)
Communicaid pour adultes avec problèmes auditifs (CAPA)

7000 Sherbrooke West
Tel: 514-488-5552 (local 4500) | Cell: 514-797-2447
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