

LISTEN UP!

Prolonged exposure to noise can permanently damage hearing.



Hearing loss affects your ability to understand speech and can impact your social and emotional well-being. Noise-induced hearing loss can occur gradually over time. People often don't realize they are changing the way they live to make up for hearing issues.

An environment is too loud if:

- It is painful to your ears
- You have to shout to be heard
- It makes your ears ring during/after exposure

Protect your hearing

- Wear protection when around sounds louder than 85dB for 30 minutes or more. For reference, a hairdryer is about 100dB.
- Turn the volume down for the radio, TV, music, or when listening through headphones.
- Walk away from loud noises.

The ISU Eckelmann-Taylor Speech and Hearing Clinic is a campus resource available to students, faculty, staff, and the public. If you suspect you may have hearing loss, or would like to order custom hearing protection, call (309) 438-8641.



**HEALTH PROMOTION
AND WELLNESS**
Illinois State University

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