

# Too Loud! For Too Long!

*Hearing Loss from Noise is Permanent But Preventable*

**Protect Your Hearing ...  
It's a Noisy World!**

## 5 Ways to Protect Your Hearing

1. Turn the volume down (car radio, personal listening devices, etc.).
2. Walk away from the loud noise.
3. Take breaks from the noise.
4. Avoid loud, noisy activities and places.
5. Use hearing protection.



Centers for Disease  
Control and Prevention  
National Center for  
Environmental Health



For more information, please visit  
[https://www.cdc.gov/NCEH/hearing\\_loss/](https://www.cdc.gov/NCEH/hearing_loss/).



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