



# CAN YOU HEAR ME NOW?



Loud noises heard just once or over time can damage your hearing forever! The louder the sound, the faster the harm.

## How loud is loud?

Sounds are measured in decibels (dB), anything over 85 dB may cause problems.

### Under 85 db

Air conditioner in room - 60-70 dB

Hair dryer - 80 dB

Restaurant noise - 80 dB

Telephone dial tone - 80 dB

### Over 85 db

Firecrackers - 90-100 dB

Personal stereo player - 120 dB

Amplified rock concert - 120 dB

Firearms - 140 dB

## How to protect your hearing:

- Avoid loud noises - if you have to shout to be heard it's too loud!
- Give your ears a rest! Take frequent breaks from noise.
- Turn it down. Don't max the volume on personal music players, in the car or when playing video games.
- Use earphones that go around your head or ears rather than "ear buds."
- Don't hang out near the speakers at shows.
- Use earplugs (you can buy them at drug stores) while snowmobiling, at auto races, using loud tools or listening to live music.

## Have your hearing checked if you notice:

- Ringing or pain in your ears
- Temporary hearing loss after loud noises
- Difficulty hearing soft noises
- You need to turn up the TV
- You have trouble hearing people talking



## Don't Take Your Hearing for Granted!

For more information visit the  
National Institute on Deafness and Other Communication Disorders at  
[www.nidcd.nih.gov/health/hearing/noise.asp](http://www.nidcd.nih.gov/health/hearing/noise.asp)

For more Fact Sheets please go to [www.ParentHelpNH.org](http://www.ParentHelpNH.org)

