

## **Who, What, When, Where and Why of Hearing Protection**

By the National Institute for Hearing Loss

**Teen:** If you think it's too loud, it probably is.

**Teen:** You may not be worried about hearing loss, but teenagers everywhere are vulnerable to noise induced hearing loss.

**Teen:** The best way to prevent it, turn it down, move away, or use hearing protection.

**Teen:** Everyone, including teenagers should try to reduce loud noises around them.

**Teen:** Turn down the volume or move away from loud noises or music when you can.

**Teen:** When you can't, wear hearing protection like earplugs or noise canceling headphones at concerts, sporting events, dance and exercise classes, even when mowing the lawn.

**Teen:** Everyone is at risk for hearing loss. Protect your hearing so. You can enjoy your favorite activities worry free.