

# EVERYDAY NOISES CAN DAMAGE YOUR HEARING.

## What is a decibel?

Noises are measured in decibels, or **dB for short**. The higher the decibel level, the louder the noise. Sounds that are louder than 85 dB can cause permanent hearing loss.\*



### Key point

Noise-induced hearing loss is usually gradual and painless, but it is permanent. Once destroyed, the hearing nerve and its sensory nerve cells do not repair.\*

### Prevention Tips

- Wear hearing protection, like earmuffs or earplugs, when in loud environments.
- Move away from loud sounds.
- Keep MP3 players at no more than half volume.
- Apply the 60/60 rule: listen to an MP3 player for 60 minutes at maximum 60 percent volume and then take a break.
- Ask people if they can hear your music when listening to an MP3 player. If they can, it is too loud.
- Wear earphones/headphones instead of earbuds. Having the source of the sound in your ear canal can increase the volume by 6 to 9 dB.

### What can I do?

Talk to your pediatrician if you suspect your child may have hearing loss.

Visit [choa.org/hearingloss](http://choa.org/hearingloss) for information regarding our Hearing Loss Program.



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