

DID YOU KNOW THAT NOISE DAMAGES YOUR HEARING?



fi **FIAPAS**
CONFEDERACIÓN
ESPAÑOLA
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FOMENTANDO INCLUSIÓN. AVANZANDO PERSONAS. AVANZANDO SOLIDARIDAD.
SPANISH CONFEDERATION OF FAMILIES OF DEAF PEOPLE
PROMOTING INCLUSION. SUPPORTING PEOPLE. ADVANCING TOGETHER.



CODEPEH
COMISIÓN PARA LA DETECCIÓN
PRECOZ DE LA HIPOACUSIA
COMMISSION FOR THE EARLY
DETECTION OF HEARING LOSS



GOBIERNO
DE ESPAÑA
MINISTERIO
DE DERECHOS SOCIALES, CONSUMO
Y AGENDA 2030



POR SOLIDARIDAD
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GOVERNMENT OF SPAIN - MINISTRY OF SOCIAL RIGHTS,
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TAKE CARE OF YOUR HEARING

- ✓ Did you know that, in developed countries, 50 % of teenagers and young people between the ages of 12 and 35 are at risk of developing hearing loss due to overexposure to noise in recreational settings and from inappropriate use of devices.
- ✓ Noise-induced hearing loss mainly affects the inner ear.
- ✓ In addition to hearing loss, prolonged exposure to loud sounds and noise-polluted environments can cause tinnitus, vertigo and other symptoms.
- ✓ Hearing loss due to exposure to noise is cumulative. And irreversible.

PREVENTION IS IN YOUR HANDS YOU CAN DO IT!



IF YOU USE HEADPHONES...

Restrict the time of use.



Do not exceed 60 minutes of nonstop listening without a break.



Do not exceed 60 % of the maximum volume of the device.



IF YOU ARE IN NOISY ENVIRONMENTS...

Take regular listening breaks.



Stand away from sources of loud noise.



Protect your ears with earplugs or headphones.

**Pay attention to ringing or a feeling of blocked ears
both during and after exposure to noise.**



And if in doubt, consult your doctor

