

**If you listen to music regularly,
make sure that you:**

**Heed the warning signs of
hearing loss**



Contact a doctor in case of persistent ringing sensation in the ear (tinnitus).



Check your hearing if you have difficulties hearing high-pitched sounds or following conversations .

**Get regular hearing
check-ups**



Check your hearing using validated apps such as hearWHO.



Seek professional advice if you fail the hearing check or have any sign of hearing loss.



*Make your listening safe.
Once you lose your hearing,
it won't come back!*



Tips for safe listening



World Health Organization
whopbd@who.int

Tips for safe listening



1 out of 2 young people are at risk of hearing loss due to unsafe listening

Listening to loud music is unsafe

Regularly listening to music or other audio content at high volume through personal audio devices and being exposed to loud sounds in nightclubs, discotheques, bars or sporting arenas harm one's hearing.



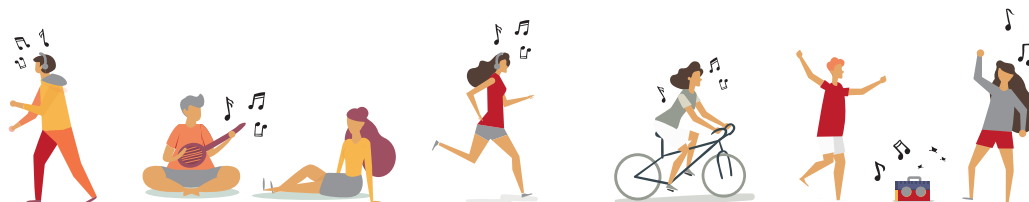
Noise-induced hearing loss is permanent

Over time listening to loud sounds for prolonged duration can lead to hearing loss, which cannot be treated by medicines or surgery.



Noise-induced hearing loss can be prevented

The louder you listen, the shorter the time available for listening safely. By turning the volume down, you can listen for longer periods without harming your hearing. For example, if you stay below a sound level of **80 dB**, you can listen safely for up to **40 hours per week**.



Adopt these simple safe listening behaviors:

you will reduce your risk of hearing loss while enjoying your favorite activities!

1. Keep the volume down

Listen to personal audio devices at a volume level below 60% of maximum.

Use carefully fitted, and, if possible, noise cancelling headphones.



2. Protect your ears from loud sounds

Wear earplugs in noisy venues.

Move away from sources of sound, such as loudspeakers.



3. Limit time spent engaged in noisy activities

Take short listening breaks away from loud sounds.

Limit the daily use of personal audio devices.



4. Monitor listening levels

Use smartphone apps to monitor your sound exposure.

Choose devices with built-in safe listening features.

