

# LISTEN UP!

**Prolonged exposure to noise can permanently damage hearing.**



**Hearing loss affects your ability to understand speech and can impact your social and emotional well-being. Noise-induced hearing loss can occur gradually over time. People often don't realize they are changing the way they live to make up for hearing issues.**

## **An environment is too loud if:**

- It is painful to your ears
- You have to shout to be heard
- It makes your ears ring during/after exposure

## **Protect your hearing**

- Wear protection when around sounds louder than 85dB for 30 minutes or more. For reference, a hairdryer is about 100dB.
- Turn the volume down for the radio, TV, music, or when listening through headphones.
- Walk away from loud noises.

The ISU Eckelmann-Taylor Speech and Hearing Clinic is a campus resource available to students, faculty, staff, and the public. If you suspect you may have hearing loss, or would like to order custom hearing protection, call (309) 438-8641.



**HEALTH PROMOTION  
AND WELLNESS**  
*Illinois State University*

This message is co-sponsored by Health Promotion and Wellness and the Ecklemann Taylor Speech and Hearing Clinic.  
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