

TIPS FOR **HEALTHY** EARS



DO



Use earplugs in noisy places



Check your hearing regularly



Wear your hearing aids regularly, when advised



See a doctor if you have ear or hearing problems

DON'T



Put cotton buds, oil, sticks or pins inside your ears



Swim or wash in dirty water



Share earphones or earplugs



Listen to loud sounds or loud music



EAR AND HEARING CARE FOR ALL!
Let's make it a reality

#WorldHearingDay #HearingCare



World Health Organization

European Region