



DRUMS IN OUR EARS

Looking after Our Hearing

When watching our favourite TV show or enjoying our favourite song, it is natural to not want to miss any part of it, so we turn up the volume. But listening to loud sounds can damage our sense of hearing without us being aware of it! Below are some things we can do to protect our sense of hearing:



Stay away from or do not stay too long in noisy places.



Use earplugs if needed.



Avoid listening to loud music for too long.



Take breaks from listening to music.

The damage done may not be obvious until we get older. For this reason, it is important to start protecting our sense of hearing today!

