

PREVENTING & REDUCING HEARING DAMAGE

HOW CAN WE PREVENT AND REDUCE HEARING DAMAGE IN CHILDREN?

- 1 Have a healthy lifestyle during pregnancy—ask if you need support to quit smoking.
- 2 Keep your kids away from loud noises.
- 3 Protect ears and hearing by wearing ear plugs or earmuffs to reduce loud music and other noise.
- 4 Don't use cotton buds, or other small things to clean ears. Ears have their own self-cleaning system which helps to clear ear wax.
- 5 Young adults and adults in the workplace shouldn't be exposed to noise levels of 85dBA for more than 8 hours daily.
- 6 Don't smoke in the house or car.
- 7 Make sure your baby and kids get all their regular childhood vaccines on time.
- 8 Seek medical advice from your Aboriginal and Torres Strait Islander Health Service or GP if you are worried about your child's hearing (or yours).
- 9 Ask your health service about your child's hearing and speech milestones.

WANT MORE INFORMATION?

Reach out to your local Aboriginal and Torres Strait Islander Community Controlled Health Service or get in touch with our Hearing Health team.