

PREVENTING & REDUCING HEARING DAMAGE

HOW CAN WE PREVENT AND REDUCE HEARING DAMAGE IN CHILDREN?

- 1 Keep your child away from loud noises.
- 2 Protect yours and your child's ears by wearing ear plugs or earmuffs to reduce loudness of the sound.
- 3 Do not use cotton buds, or other objects to clean yours or your child's ears, ears have a wonderful self-cleaning system which helps clear ear wax.
- 4 Young adults and Adults in the workplace should not be exposed to noise levels of 85dBA for more than 8 hours daily.
- 5 Have a healthy life style during pregnancy.
- 6 Make sure your child gets all regularly childhood vaccines.
- 7 Seek medical advice from your Aboriginal and Torres Strait Islander Health Service or GP if you are worried about yours or your child's hearing.
- 8 Monitor 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.