

Protecting Your Ears

1. If you are loud noises for a long period of time, wear _____ or noise cancelling headphones to decrease sound.
2. Avoid using _____ in your ears.
3. Wear a hat, _____, or a hood when the weather is cold.
4. _____ loss is typically caused by damage to the inner ear.
5. Sound _____, or loudness, is measured in units called decibels.
6. Hearing loss can also be caused move suddenly by a _____ eardrum.
7. _____ is the pain or ringing in the ears after exposure to excessively loud sounds.
8. Schedule regular hearing _____ to ensure that your hearing is working properly.