

**1 in 5 teens** suffers from some degree of hearing loss. The damage is often noise-related and could have been prevented.

Listening to **just a single song** at full volume with headphones or ear buds could damage your hearing forever.



# ONE SONG

could be too long.

Protect your ears against noise-induced hearing loss by remembering **DRUM**:

- D**ial back your volume to 60% or less
- R**educe your exposure to loud sounds
- U**se hearing protection whenever possible
- M**ake an appointment with an audiologist to get your hearing tested

Keep the music **PLAYING.**  
Turn the volume **DOWN.**



Speech-Language & Audiology Canada  
Orthophonie et Audiologie Canada  
Communicating care | La communication à cœur

Find an audiologist near you at  
[communicationhealth.ca](http://communicationhealth.ca)



Speech & Hearing Month  
Speak well. Hear well. Live well.

May is Speech and Hearing Month  
[maymonth.ca](http://maymonth.ca)