

# EMPOWER YOURSELF FOR EAR AND HEARING CARE

Ensure good hearing health throughout life



## 1 Protect your hearing

Keep volume levels below 60% of maximum  
Use earplugs in loud environments



## 2 Request a hearing test for

Newborns and school-age children  
Anyone above age 50



## 3 Check your own hearing

Use the WHO hearWHO app annually  
Visit a doctor if your score is below 50



## 4 Use Assistive Technology

Hearing aids or other devices, if advised, can improve your ability to hear  
Captioning and sign language can make information more accessible



## 5 Stay informed

Educate yourself on good ear care practices  
Spread awareness in your community

