

## Once you lose your hearing, it won't come back!





## Keep the volume down!





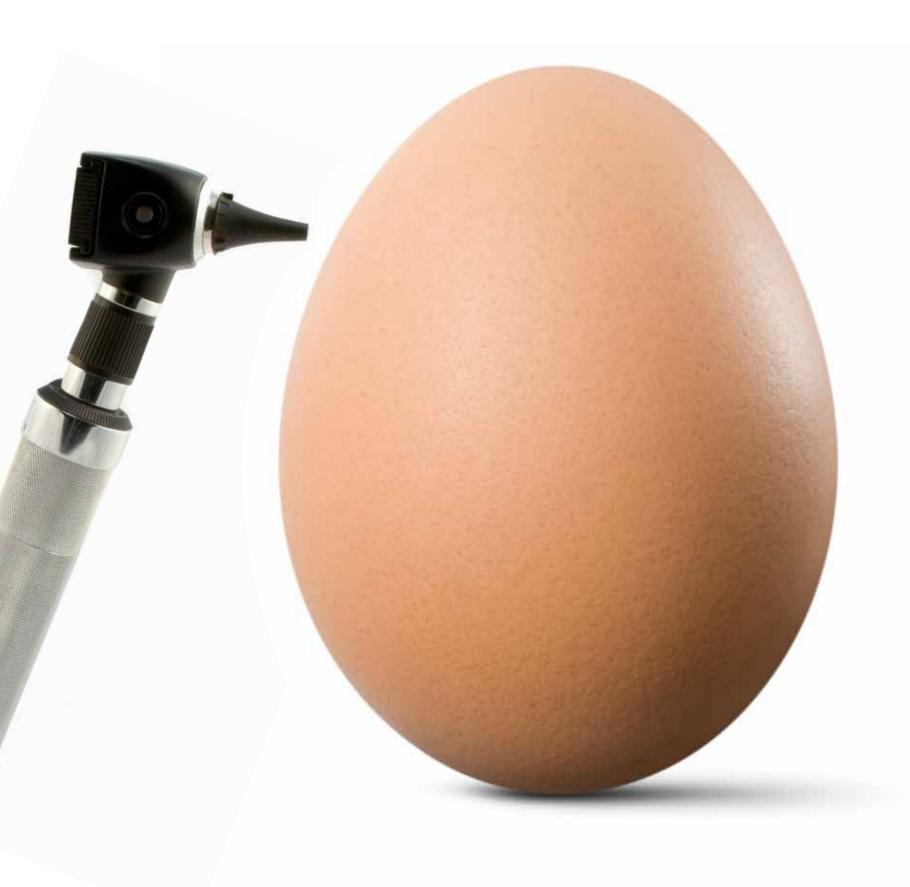
Use earplugs in noisy surroundings!





## Limit the daily use of personal audio devices!





Get regular hearing check-ups!