



# Sounds Are All Around on the Farm



**PROTECT YOUR HEARING!**


## Why Protect Your Hearing?

Noise-induced hearing loss:

- ») Can build over time.
- ») Is permanent.
- ») Is preventable.



## How to Protect Your Hearing:

- ») Lower the volume.
- ») Move away from the noise. 
- ») Wear hearing protectors, such as earplugs or earmuffs.

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<https://www.noisyplanet.nidcd.nih.gov>

Toll-free voice: (800) 241-1044



National Institute on Deafness and Other Communication Disorders



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