

# This World Hearing Day, let's prioritize our hearing health

with these essential safety tips:

- Use ear protection in loud environments,
- Limit exposure to loud noises,
- Get regular hearing check-ups,
- Keep headphone volume at a safe level,
- Practice good ear hygiene.

*Let us pledge to take care of our ears  
and our hearing abilities on*

## **World Hearing Day**

**March 3**



**We are ONLINE now!**

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