

# Noisy Holiday Gatherings:

## Hearing Protection Tips

**The holiday season is full of joy, wonder, and . . . noise!** Whether it's a bustling holiday party, a seasonal concert, or a noisy restaurant meal, our ears may suffer from all that revelry. Here are three simple ways to preserve your hearing:



**Use Hearing Protection.** Basic earplugs, which you can pick up at most drug stores, offer surprisingly good hearing protection. An even better bet is a set of musician's earplugs, which you can buy online or have an audiologist custom-fit. Kids are generally better off using well-fitting earmuffs over earplugs.



**Keep Your Distance.** From a hearing protection perspective, the worst place you can be is near speakers, a stage, or some other type of noise emitter. Stand at least 500 feet from noise sources.



**Know Your Limits.** If you are experiencing ringing in your ears or any other ear discomfort, leave! Listen to what your body is telling you.

**Contact a certified audiologist if you have concerns.  
Learn more at [www.asha.org/public](http://www.asha.org/public).**



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