

CDC Vital Signs

Too Loud for Too Long!

[Announcer] This program is presented by the Centers for Disease Control and Prevention.

Being around too much loud noise—like a leaf blower or rock concert—can cause permanent hearing loss, and once it’s gone, you can’t get it back. Hearing loss is the third most common chronic health condition in the U.S. Almost twice as many people report hearing loss as diabetes or cancer.

The louder a sound is, and the longer you’re exposed to it, the more likely it will damage your hearing. *Repeated* exposure to noise can cause stress, anxiety, depression, high blood pressure, heart disease, and many other problems. Hearing loss from loud noise at home and in the community *can* be prevented.

- Avoid noisy places.
- Use earplugs, protective ear muffs, or noise-canceling headphones when near loud noises.
- Keep the volume down when watching TV or listening to music and using earbuds or headphones.
- Get your hearing checked and ask your health care provider how to protect your hearing from noise.

To learn more, visit [cdc.gov/vitalsigns](https://www.cdc.gov/vitalsigns).

[Announcer] For the most accurate health information, visit www.cdc.gov or call 1-800-CDC-INFO.