Prescriptions for Prevention

Noise

Did you know?

Noisy environments can impact a child's learning. Very loud noises can lead to permanent hearing loss.

Action Plan

- Avoid loud volumes on portable electronic devices, especially when using headphones.
- Choose toys that have a volume control. Tape over the speakers of very loud toys.
- Don't use firecrackers.
- If you use a white noise machine to help your infant sleep, do not place it near the baby and play it at a low volume.
- Use hearing protection for you and your family at events with loud music.
- Create a quiet environment for your child to read and do homework.
- Worried about your child's hearing? Speak to your child's pediatrician. For more information about when to get your child tested, **visit this website**:
- For tips from the American Academy of Pediatrics on how to protect your child's hearing, visit **healthychildren.org** and search "Protect Hearing."

Perelman School of Medicine University of Pennsylvania
Philadelphia Regional Center for Children's Environmental Health
NIEHS Grant: P2CES033428
Children's Hospital of Philadelphia

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Resources

What is Noise-Induced Hearing Loss (NIHL)?

Both sudden loud noises and long-term noise pollution can damage your child's hearing. Click this link or scan the QR code to learn more about noise pollution, signs and symptoms of NIHL, and CHOP's hearing conservation services:

Overcoming Hearing Loss

For more information on hearing loss basics, adaptive technologies, and financial assistance, click this link or scan the QR code:

Deaf-Hearing Communication Center

To access emergency interpreter services, video remote interpreting, or other community resources, click this link or scan the QR code:

Free Online Hearing Screening

To access a free online hearing screening to assess for hearing loss, click this link or scan the QR code:

Hearing Loss Resources

To access resources for parents coping with noise-induced hearing loss in their children, click this link or scan the QR code:

New Jersey School for the Deaf

Click here to explore New Jersey's school for the deaf, also know as Marie H. Katzenbach School for the Deaf, or scan the QR Code:

Pennsylvania School for the Deaf

Click here to explore Philadelphia's school for the deaf or scan the QR Code:

For more information on the resources here or other questions, contact the Philadelphia Regional Center for Children's Environmental Health at:
215-573-9076 prcceh@pennmedicine.upenn.edu
Website: prcceh.upenn.edu

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