

Hearing Health Safety Tips for Your

Summer Vacation



After Water Play

Avoid Swimmer's Ear by mixing half white vinegar with half rubbing alcohol & apply a few drops to each ear after swimming. The alcohol dries the ear & the vinegar kills bacteria.



Air Travel Tips for Adults

Swallowing, chewing gum, & using a nasal steroid allergy spray regularly can provide relief. If you are particularly prone to this, you can take a decongestant nasal spray 30 minutes prior to takeoff and landing.



Air Travel Tips for Kids

Consider a bottle or sippy cup on takeoff & landing to encourage swallowing. If children have allergies, have them take their prescribed allergy medicine. If this is a persistent & big problem, consider a decongestant nasal spray 30 minutes before takeoff and landing.



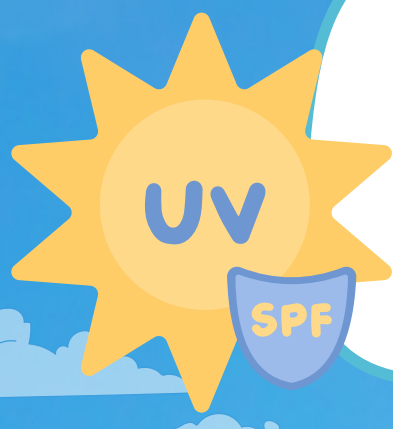
Ear Protection is a MUST!

Summer is the time for DIY home projects & lawn care. Use of mowers & other power tools means your ears can be exposed to prolonged levels of damaging noise. Wear ear protection at all times to avoid permanent hearing loss.



Apply Sunscreen to Your Ears

Ears are typically forgotten when applying sunscreen, but are just as prone to skin cancer. Don't forget to apply (& reapply) sunscreen to your ears and wear hats!



Be Decibel Aware

Summer concerts, NASCAR races, amusement parks, fireworks, & more can cause serious damage to your hearing. Limit your exposure, stay away from speakers, & wear hearing protection to avoid permanent hearing loss.

Have a Great Summer

The most important thing is to have fun! We hope these tips help you have an incredible time with family & friends this summer!

