

# Know Your Hearing

Hearing is foundational to your health. Yet you may not understand your hearing like you do your vision, blood pressure, or other measures of health and wellness.

## LEARN YOUR HEARING NUMBERS

Your Hearing Numbers tell you, in decibels (dB), the softest speech sound you can hear in each ear. The higher your Hearing Numbers are, the harder it is to hear and communicate in noisy places.

Use a free app from the Johns Hopkins Bloomberg School of Public Health to learn your Hearing Numbers. All you need is about five minutes, a smartphone or tablet, and a pair of earbuds or headphones.

### DOWNLOAD THE HEARING NUMBER APP!



Apple App Store



Google Play



## YOUR HEARING NUMBERS WILL CHANGE OVER TIME

It's not just you—everybody's hearing changes over time because the parts of the inner ear that detect sound wear out throughout our lives. Children and young adults can hear very soft sounds and may have Hearing Numbers as low as -10 dB. But as we get older, our Hearing Numbers get higher.



## USE YOUR HEARING NUMBERS TO HEAR BETTER

### FOR ALL HEARING NUMBERS



Get close and face-to-face with the person you want to hear



Turn down background sounds, like music or the TV

### FOR HEARING NUMBERS OF ABOUT 10 TO 60 dB



Over-the-counter (or OTC) hearing aids

### FOR HEARING NUMBERS OF ABOUT 20 TO 90 dB



Prescription hearing aids

### FOR HEARING NUMBERS OF ABOUT 60 dB AND HIGHER



Cochlear implants



## PROTECT YOUR HEARING

The most important thing you can do to protect your hearing is to avoid loud sounds. If you can't move away from or turn down loud sounds, use hearing protection such as earplugs or earmuffs.