If you hear worse, have pain or feel strange in your ear:

Go to a doctor!

Remember!
DO

- Use water at body temperature for cleaning your ears.
- Use individual ear protection if you practice water sports.
- Use an individual ear protection to protect your ear from noise.

DON'T

- Don't use cotton swabs!
- Protect your ears from excessive noise.

If you have a hearing loss, look for sufficient lightning, so you can see the face of the other person while talking.