

Remember!



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

Go to a doctor!



Special Olympics **Healthy Hearing**

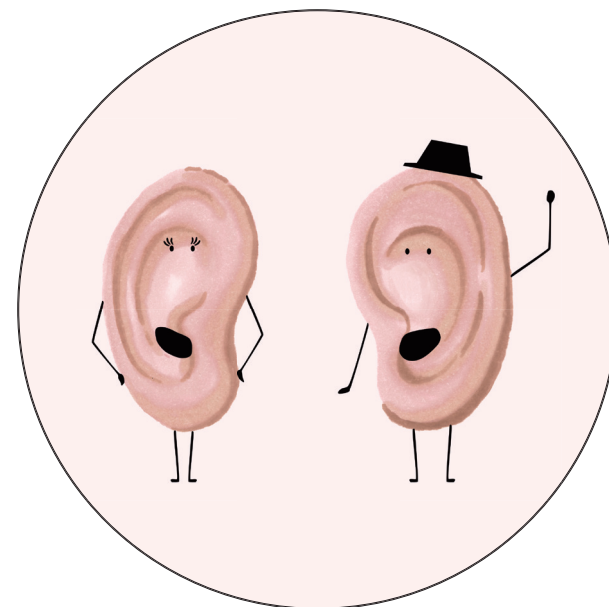
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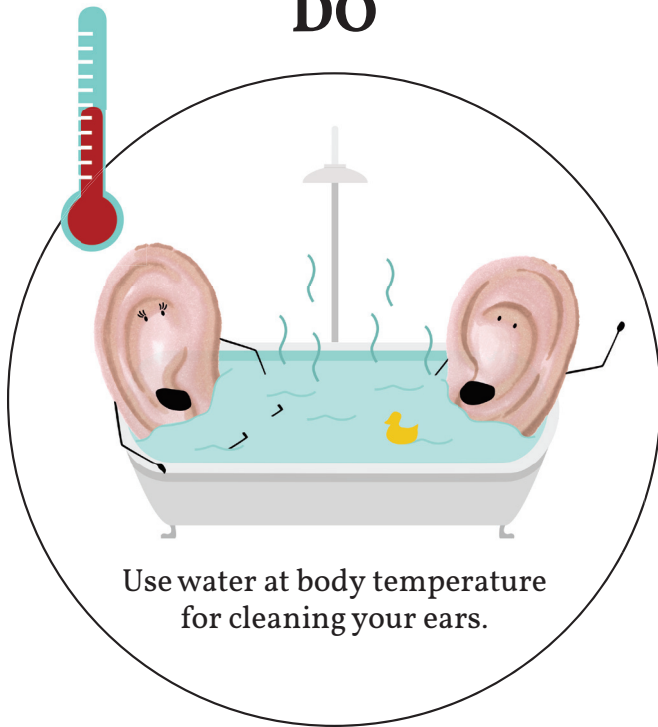
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MR. AND MRS. EARS GENERAL EAR CARE



DO



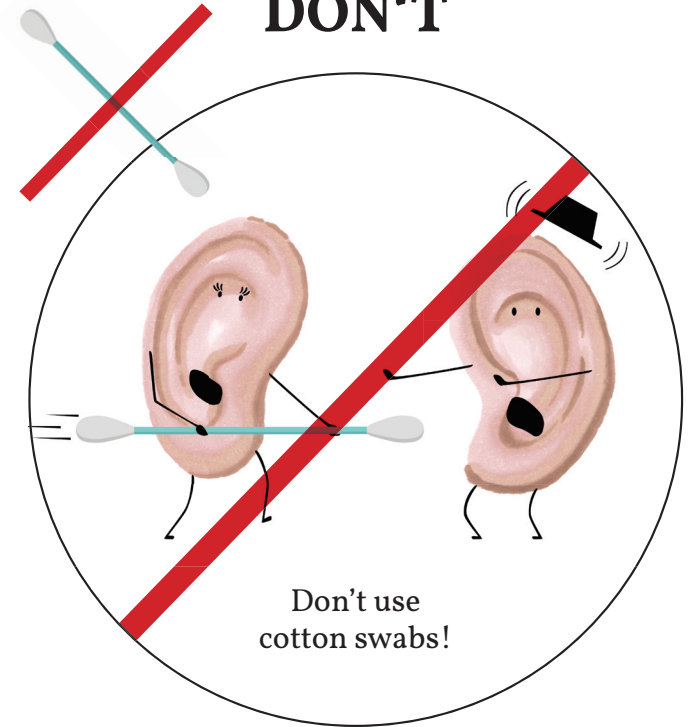
Use water at body temperature
for cleaning your ears.

DO

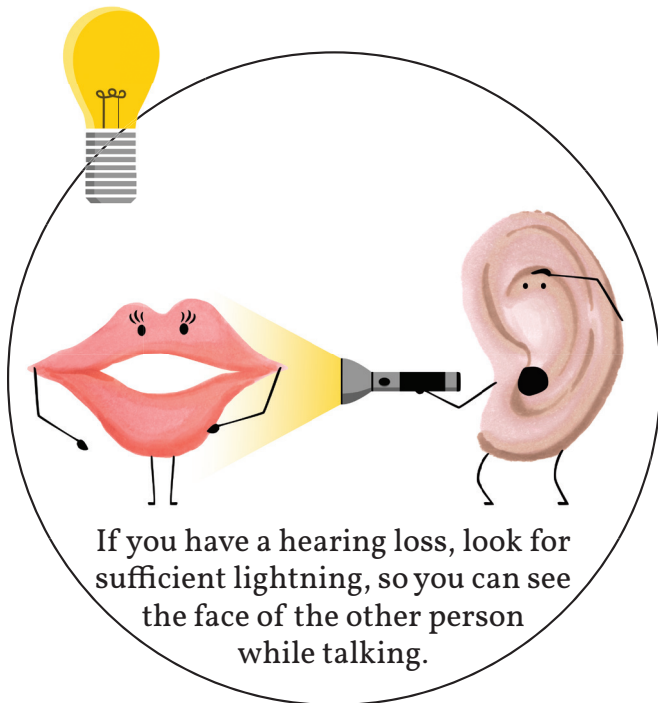


Use individual ear protection
if you practice water sports.

DON'T



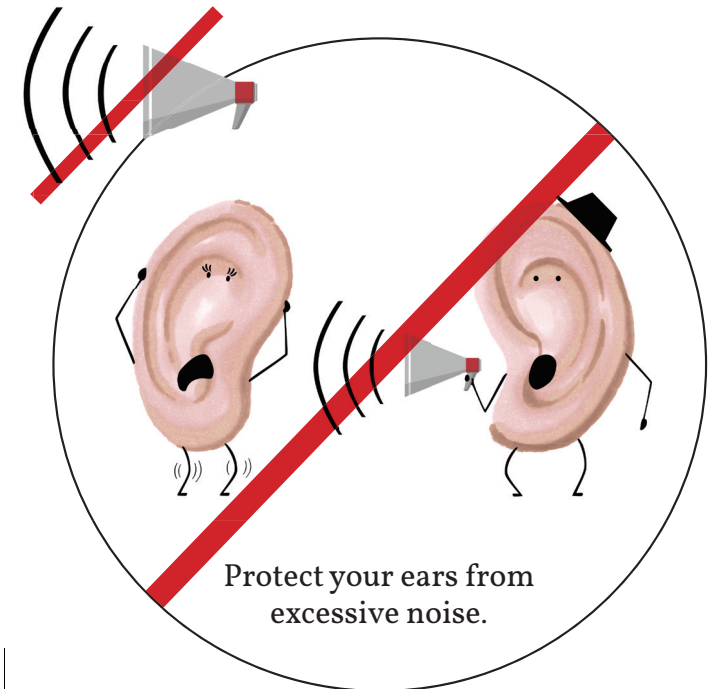
Don't use
cotton swabs!



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



Use an individual ear protection
to protect your ear from noise.



Protect your ears from
excessive noise.