



WORLD HEARING DAY



3 MARCH 2021; 4th Year UCT Speech Therapy & Audiology Students, CSD



HOW DO I KNOW IF I SHOULD SCREEN MY HEARING?

- Difficulty hearing speech/certain sounds.
- Inability to hear in quiet/background noise.
- Avoidance of social settings or conversations.
- Turning the volume very high to hear music or the TV well.
- Hearing sounds in your ear (e.g., buzzing, ringing etc.)

DID YOU KNOW?

YOU CAN TEST YOUR HEARING AT HOME!

1. Download the free hearWHO app on google play or the app store.
2. Follow the prompts and start the test to screen your hearing.
3. If your score is below 50, consider making an appointment with audiologist.



<https://www.who.int/health-topics/hearing-loss/hearwho>



Download the app

WHAT DOES AN AUDIOLOGIST DO?

- Screens hearing.
- Offer hearing aids where necessary.
- Refer to speech therapists for the assessment of communication and provision of communication strategies and rehabilitation.

HOW CAN YOU PREVENT HEARING LOSS?

- Do not insert any objects into the ear.
- Use earplugs & earmuffs in noisy places.
- In case of any ear problems, consult a doctor immediately.
- Check if medicines you take can affect your hearing.
- Have your hearing tested regularly.
- If advised to do so, use a hearing device as indicated.

