



Prescriptions for Prevention

Noise

Did you know?

Noisy environments can impact a child's learning. Very loud noises can lead to permanent hearing loss.

Action Plan

- ▶ Avoid loud volumes on portable electronic devices, especially when using headphones.
- ▶ Choose toys that have a volume control. Tape over the speakers of very loud toys.
- ▶ Don't use firecrackers.
- ▶ If you use a white noise machine to help your infant sleep, do not place it near the baby and play it at a low volume.
- ▶ Use hearing protection for you and your family at events with loud music.
- ▶ Create a quiet environment for your child to read and do homework.
- ▶ Worried about your child's hearing? Speak to your child's pediatrician. For more information about when to get your child tested, [visit this website](#):
- ▶ For tips from the American Academy of Pediatrics on how to protect your child's hearing, visit [healthychildren.org](https://www.healthychildren.org) and search "Protect Hearing."





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Resources

What is Noise-Induced Hearing Loss (NIHL)?

Both sudden loud noises and long-term noise pollution can damage your child's hearing. Click [this link](#) or scan the QR code to learn more about noise pollution, signs and symptoms of NIHL, and CHOP's hearing conservation services:



Hearing Loss Resources

To access resources for parents coping with noise-induced hearing loss in their children, click [this link](#) or scan the QR code:



Free Online Hearing Screening

To access a free online hearing screening to assess for hearing loss, click [this link](#) or scan the QR code:



Pennsylvania School for the Deaf

[Click here](#) to explore Philadelphia's school for the deaf or scan the QR Code:



Overcoming Hearing Loss

For more information on hearing loss basics, adaptive technologies, and financial assistance, click [this link](#) or scan the QR code:



Deaf-Hearing Communication Center

To access emergency interpreter services, video remote interpreting, or other community resources, click [this link](#) or scan the QR code:



For more information on the resources here or other questions, contact the Philadelphia Regional Center for Children's Environmental Health at:

215-573-9076 prcceb@penmedicine.upenn.edu
prcceb.upenn.edu

