

“TIN-A-TUS” *or* “TIN-EYE-TUS”

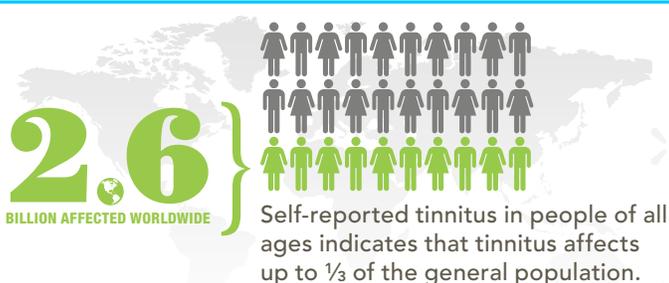
EITHER WAY — IT’S ANNOYING

WHAT IS TINNITUS?

Tinnitus is ringing in your ears when no other sound is present. It can happen all or some of the time. There can be more than one tone. And it can feel soft to shatteringly loud.



IS TINNITUS COMMON?



WHAT DOES TINNITUS SOUND LIKE?



HOW CAN TINNITUS MAKE YOU FEEL?



Depressed
Fatigued
Helpless
Withdrawn

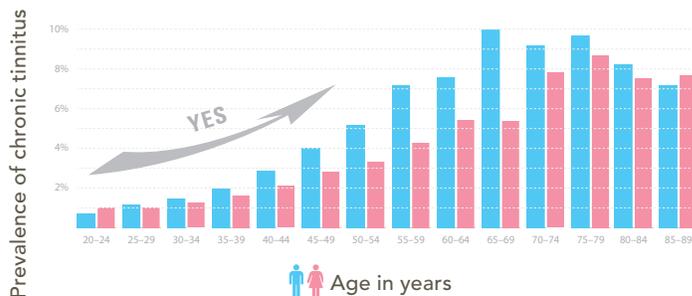


Anxious
Irritable
Angry
Tense



Nervous
Sad
Scared
Unfocused

IS TINNITUS MORE COMMON WITH AGE?



HOW CAN YOU PREVENT TINNITUS?

Damaging noise is the leading cause of tinnitus. You can be exposed in these day-to-day or recreational activities:



Yard tools



Factories



Loud music



Firearms

Avoid loud noise whenever possible—if you must shout to be heard, then you should avoid the situation. You can also:



Wear hearing protection.

Use earplugs and earmuffs when noise exposure is particularly high.



Turn down the volume.

Keep personal listening devices set to no more than half volume.



Take breaks from loud noises.

Move away from loud sounds if you don't have hearing protection.

WHAT CAN YOU DO IF YOU HAVE TINNITUS?

Get your hearing tested by an ASHA-certified audiologist. They will ask questions about your tinnitus and test your hearing. Tinnitus can be associated with a number of hearing-related conditions. The evaluation can help provide information about the cause and treatment options for you. Your audiologist may also refer you to other professionals for more testing.



For more information, scan the QR code or visit:
www.asha.org/public/hearing/Tinnitus/

