



WELLNESS ACTIVITY

Quick Quiz: Do you have signs of hearing loss?

Hearing loss can be brought on by exposure to a single loud sound or loud noises over time. Because it can occur gradually, you may not realize that your hearing has been compromised.

To find out if you have signs of hearing loss, take this quiz based on information from the National Institute on Deafness and Other Communication Disorders. The questions present everyday situations that could indicate a problem with hearing.



1. Is it difficult for you to understand coworkers or customers? Yes No
2. Do you feel a hearing problem is restricting or limiting you? Yes No
3. When you meet new people, are you sometimes embarrassed because you struggle to hear them? Yes No
4. When you talk to members of your family, are you frustrated because it is difficult to hear them? Yes No
5. Does a hearing problem cause you to argue with family members? Yes No
6. When visiting friends, relatives, or neighbors, do you have difficulty hearing? Yes No
7. Do you have trouble hearing the TV or radio at levels that are loud enough for others? Yes No
8. Is it difficult for you to hear at the movies or in the theater? Yes No
9. Do you have difficulty hearing family or friends when you are together at a restaurant? Yes No
10. Do you feel that difficulty with hearing limits your personal or social life? Yes No

If you answered “**Yes**” to fewer than three questions, protect your ears from sounds that are loud and loud sounds that last too long.

If you answered “**Yes**” to three or more questions, talk with your doctor or another health care provider about getting your hearing checked. In addition, take care to protect your ears from sounds that are too loud or loud sounds that last too long. ♦

