WORLD HEARING DAY 2023 (3 MAR) - Social Media Posts

**World Hearing Day 2023**

World Hearing Day is held on 3 March each year to raise awareness on how to prevent deafness and hearing loss and promote ear and hearing care across the world.

To mark the day this year, the World Health Organization has launched a primary ear and hearing care training manual for health workers and doctors who work at the primary care level and who provide services to people either at health facilities or in communities.

For more information <https://www.who.int/teams/noncommunicable-diseases/sensory-functions-disability-and-rehabilitation/primary-ear-and-hearing-care-training-manual>

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**How Do We Hear?**

World Hearing Day is held on 3 March each year to raise awareness on how to prevent deafness and hearing loss and promote ear and hearing care across the world.

Our two ears work together to help us differentiate a variety of sounds, including loud or soft sound, and make out the direction of the source of sound. Together, our ears help us to recognise someone’s speech, in many different environments. Sound enters and travels through the three parts of our ear before the signal reaches the brain, where it is processed. We are then able to identify the sounds and understand words.

For more information visit <https://www.who.int/news-room/fact-sheets/detail/deafness-and-hearing-loss>

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**Tips for Healthy Ears**

World Hearing Day is held on 3 March each year to raise awareness on how to prevent deafness and hearing loss and promote ear and hearing care across the world. Check out the dos and don’ts on how to keep your ears healthy.

Do:

Use earplugs in noisy places

Check your hearing regularly

Wear your hearing aids regularly, when advised

See a doctor if you have ear or hearing problems

Don’t:

Put cotton buds, oil, sticks or pins inside your ears

Swim or wash in dirty water

Share earphones or earplugs

Listen to loud sounds or loud music

For more information visit <https://www.who.int/news-room/questions-and-answers/item/deafness-and-hearing-loss-ear-care>

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**Make Listening Safe – Listening devices**

World Hearing Day is held on 3 March each year to raise awareness on how to prevent deafness and hearing loss and promote ear and hearing care across the world.

More than 1 billion young people worldwide are at risk of noise-induced hearing loss, with nearly 50% listening through personal audio systems and listening devices at levels that put their hearing at risk.

The risk of hearing loss increases as sound is played at high intensity (volume) and for long durations. It has been shown that listening through earphones at 95% of maximum sound volume for 5 minutes (with most devices) continuously will damage hearing. To protect hearing, volume should be minimized and breaks should be taken while listening through ear/headphones.

Noise-induced hearing loss is irreversible, costly and preventable. Make safe listening.

For more information visit [https://www.who.int/activities/making-listening-safe](https://www.who.int/health-topics/hearing-loss)

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**Make Listening Safe – Pedestrians**

World Hearing Day is held on 3 March each year to raise awareness on how to prevent deafness and hearing loss and promote ear and hearing care across the world.

Research from the World Health Organization indicates that pedestrians, joggers and cyclists who utilise headphones while they are on the road, are in more danger of facing a road traffic accident than other pedestrians. Being able to hear a vehicle horn can actually make the difference between life and death for a person.

For more information visit [https://www.who.int/activities/making-listening-safe](https://www.who.int/health-topics/hearing-loss)

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**Make Listening Safe – Entertainment venues**

World Hearing Day is held on 3 March each year to raise awareness on how to prevent deafness and hearing loss and promote ear and hearing care across the world.

More than 1 billion young people worldwide are at risk of noise-induced hearing loss, with nearly 40% being exposed to potentially damaging sound levels in nightclubs and bars. Exposure to loud sounds can result in temporary hearing loss or tinnitus which is a ringing sensation in the ear. When the exposure is particularly loud, regular or prolonged, it can lead to permanent damage to the ear’s sensory cells, resulting in irreversible hearing loss. According to the World Health Organization, exposure to noise levels of 100 dB, which is typical in such venues, is safe for no more than 15 minutes.

Noise-induced hearing loss is irreversible, costly and preventable. Make safe listening.

For more information visit [https://www.who.int/activities/making-listening-safe](https://www.who.int/health-topics/hearing-loss)

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**Ear and Hearing Care For All - Global**

World Hearing Day is held on 3 March each year to raise awareness on how to prevent deafness and hearing loss and promote ear and hearing care across the world.

Over 60% of ear and hearing problems can be addressed at the primary level of care. It is essential ear and hearing care services are accessible to all who need it. The World Health Organization estimates that 1 in 4 people projected to have hearing problems by 2050.

For more information visit  <https://www.who.int/news/item/02-03-2021-who-1-in-4-people-projected-to-have-hearing-problems-by-2050>

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**Ear and Hearing Care For All**

World Hearing Day is held on 3 March each year to raise awareness on how to prevent deafness and hearing loss and promote ear and hearing care across the world.

This year the focus is on ear and hearing care for all. The integration of ear and hearing care within primary care is essential if countries are to achieve the global targets set forth in the World Health Organization’s World report on hearing. Many people in Australia and from across the world are still missing out on basic primary care that puts their hearing health at risk.

For more information on the World report on hearing, visit  <https://www.who.int/publications/i/item/9789240020481>

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