



8 WAYS

to protect your ears & keep them healthy

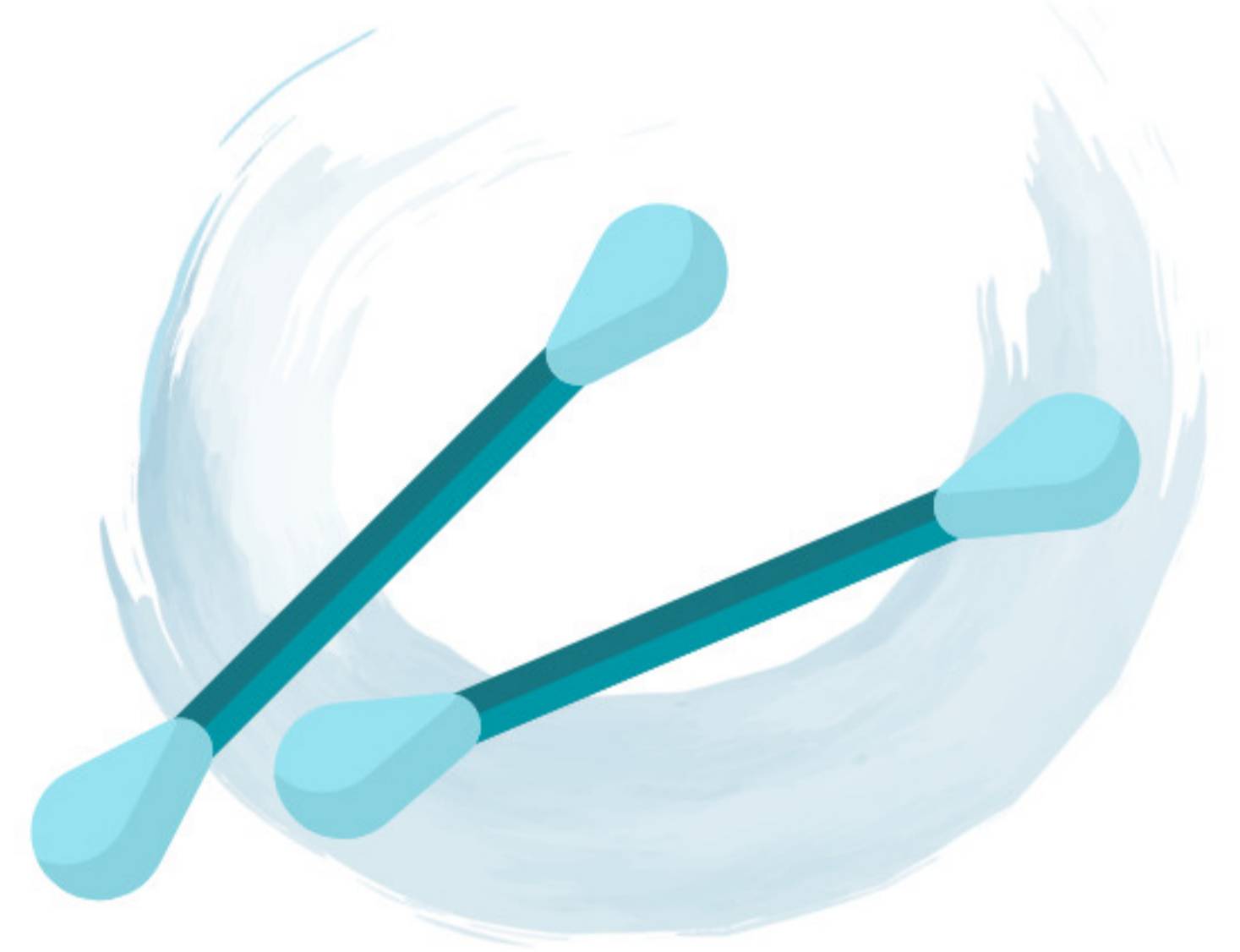
Turn down the volume



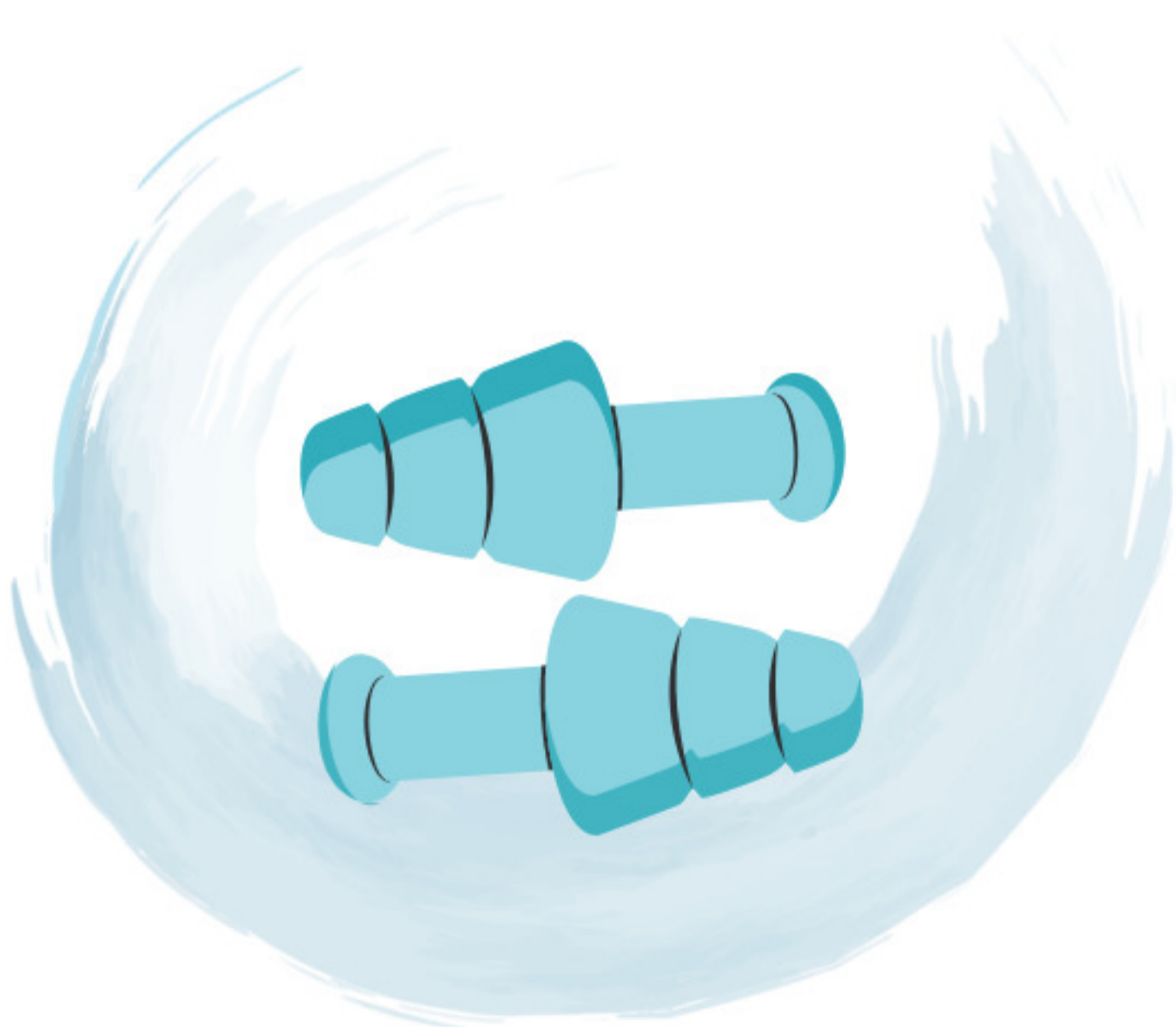
Keep your ears dry



Do not use cotton swabs



Use earplugs around loud noises



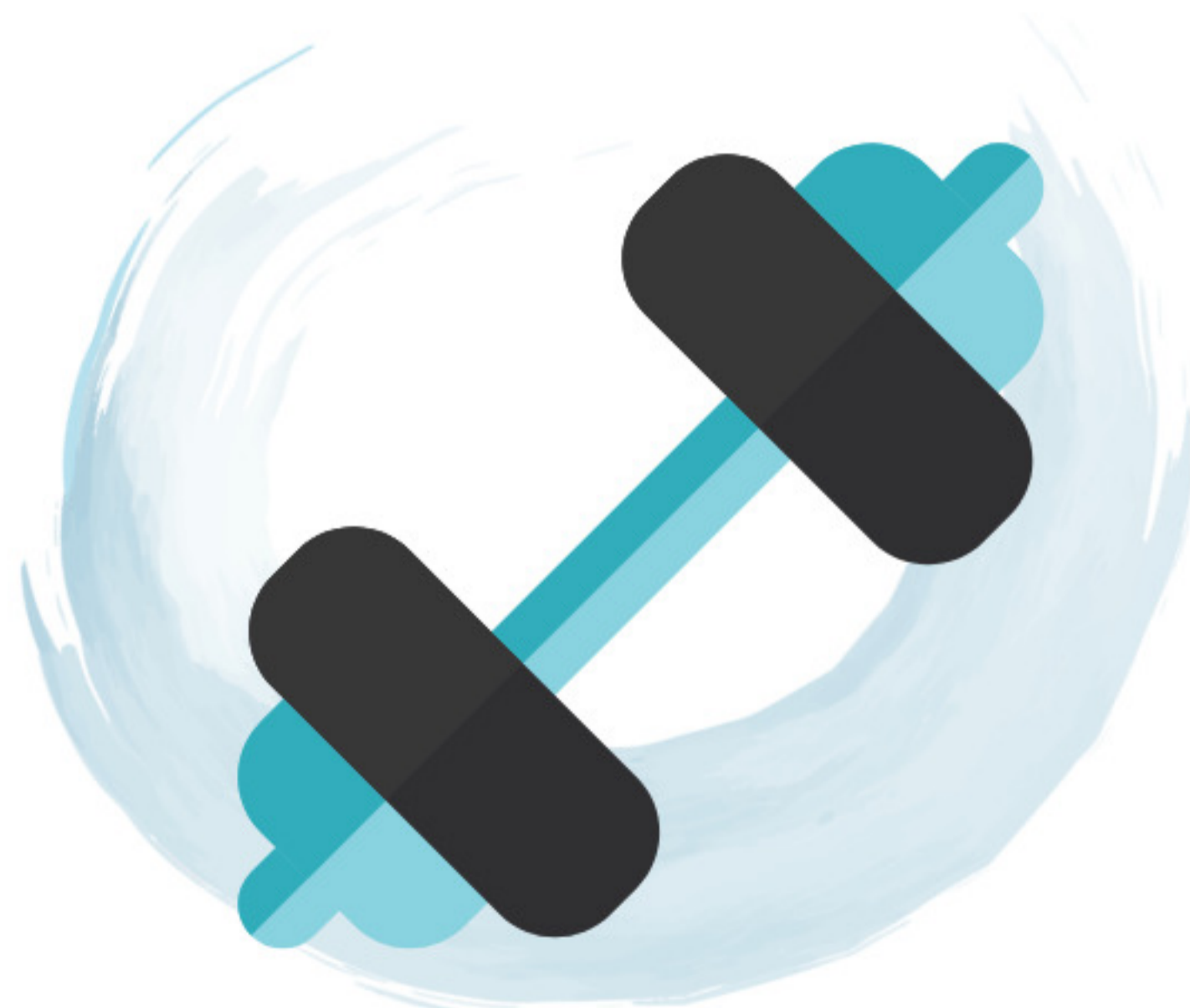
Treat a runny nose



Maintain a healthy diet



Exercise regularly



Take your vitamins

