



समेकित क्षेत्रीय कौशल विकास, पुनर्वास एवं दिव्यांगजन सशक्तिकरण केंद्र, नागपुर

**COMPOSITE REGIONAL CENTRE FOR SKILL DEVELOPMENT,
REHABILITATION & EMPOWERMENT OF PERSONS WITH
DISABILITIES, NAGPUR**



(Under Administrative Control of National Institute for Empowerment of Persons with Multiple Disabilities)
(Department of Empowerment of Persons with Disabilities (Divyangjan),
Ministry of Social Justice & Empowerment, Govt. of India)

Krida Prabodhini Hall, Yashwant Stadium, Dhantoli, Nagpur-440012 (Maharashtra)
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Protect your hearing during COVID 19 lockdown



- *Manage stress level: Stress and anxiety have been linked to both temporary and permanent tinnitus (ringing in the ears).*
- *Turn the volume down: Teenagers and young adults worldwide are at risk for noise-induced hearing loss from unsafe use of audio devices. Avoid loud music through headphone.*
- *Give your ears time to recover: If you are exposed to loud noises for a prolonged period of time; your ears need time to recover.*
- *Take medications only as directed: Certain medications, can sometimes contribute to hearing loss. Discuss medications with your doctor.*

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