**Tips for healthy ears & healthy hearing**

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| **Current content** | **Translation content** |
| Tips for healthy ears & healthy hearing  Do’s and Don’ts |  |
| Do use earplugs in noisy places |  |
| Don’t put cotton buds, oil, sticks or pins in your ears |  |
| Do check your ear health & hearing regularly |  |
| Don’t swim or wash in dirty water |  |
| Wear your hearing aids regularly and as prescribed by an audiologist |  |
| Don’t share earphones or earplugs |  |
| See your doctor if you have ear or hearing problems |  |
| Don’t listen to loud sounds or loud music, and keep listening levels below 60% |  |
| Look after your ears and protect your hearing this World Hearing Day |  |
| Tips for healthy ears & healthy hearing  #worldhearingday  #hearingcare |  |