

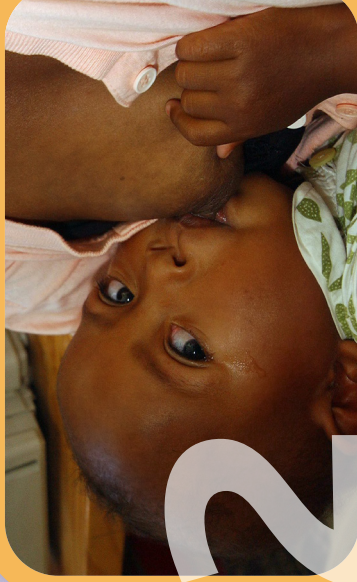
# Six effective strategies to prevent hearing loss\*



DAVID MARK/PIKABAY

1

**Vaccinate as recommended by global immunisation programmes**



PIET VAN HASSELT

2

**Ensure good antenatal maternal health and perinatal care**



PIET VAN HASSELT

3

**Identify and manage common ear conditions**



MIMZY/PIKABAY

4

**Limit exposure to noise and chemicals at work**



HANNY NAIBAH/UNSPLASH

5

**Limit exposure to noise in recreational settings**



FERDINAND AMA

6

**Take care with ototoxic medicines (and avoid them when possible)**