

## 聽力保健

- 一、請勿隨意以髮夾、火柴、牙籤.....等挖耳道，以防外傷及感染。
- 二、儘量避免處於高頻率的噪音下，如爆竹聲、聲樂場所.....。
- 三、若因工作需長期處於吵雜環境者(80-85分貝)，須戴耳套或耳帽。
- 四、耳內發炎或鼓膜受損時，請及早就醫，並避免游泳，以防加重病情。
- 五、上呼吸道感染時，應避免用力打噴嚏、擤鼻涕，以防中耳感染。
- 六、若發現自己有下列情況，需及早接受聽力檢查及診治：
  - (一) 耳內常有蟬鳴或嗡嗡聲音者。
  - (二) 常覺一側耳朵聽音比另一側清楚。
  - (三) 在人群中、餐廳裡.....，若有人和您說話常聽不清楚。

## Hearing Hygiene

1. Please must not use articles such as hair pin, match, or tooth pick to clean ear, in case of injuries and infections.
2. Please must avoid being surrounded by hi-frequency noises, such as fire crackers, or entertainment locations.
3. If patient has to stand living in noisy environments (80-85 decibels) for work, must wear ear-muff or ear plug.
4. If there is an infection in the ear or damages to eardrum, must go to doctor immediately and avoid swimming to recover from sickness.
5. If upper airway is infected, must avoid coughing too hard or wiping snivel, in case of getting infection from middle ear.
6. If you have encountered the following conditions, please arrange for hearing examination and treatment immediately:
  - (1) Strange sounds like cicada singing or buzzing sounds in ear frequently.
  - (2) One side of ears hears better then the other.
  - (3) Among crowds, or restaurants, or other locations, you often have difficulties hearing conversation with others.