

Wearing a Mask with Your Hearing Aids



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The CDC recommends wearing medical or fabric masks whenever you are in public. To best prevent the spread of germs, also maintain 6+ feet of distance whenever possible.



For proper protection, your mask should **cover your nose and your entire mouth**, and go over your chin.

If you also wear glasses, put your glasses lenses on the outside of your mask.



If your mask has elastic, be aware of possible ear irritation.

Make sure not to lose or break your hearing aids!



Sew two buttons onto a piece of ribbon to wear at the back of your head. Attach the mask's elastic to the buttons.



Sew two buttons onto a fabric headband just above your ears. Hook the mask's elastic to the buttons.



A mask that goes around the head, instead of behind the ear, is the easiest solution.

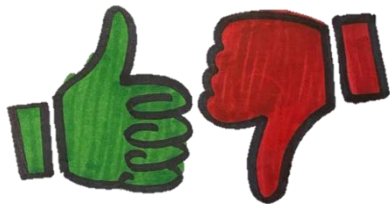
Communication Strategies

Wearing a Mask with Your Hearing Aids

Wearing a mask is important for your health, and the health of others. But, it can making hearing difficult.

In order to be heard better, **speak clearer, slightly louder, and slower.**

Don't be afraid to ask someone to speak up or share that you have a hearing loss.



Use **body language, hand gestures, and your eyes** to enhance your message.



Use **written information.**



How are you doing this morning?

How are you?



When offering clarification, **rephrase** instead of repeating.

This can make communication easier for everyone!