

COLLEGE OF ARTS, HUMANITIES, AND SOCIAL SCIENCES MUSIC

Take the Steps to Protect Your Ears!



Look out for the Warning Signs of hearing damage!

• Ears ringing (tinnitus)

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ARKANSAS

- Pain when exposed to high noise levels
- You can't understand your friends/professors if there's background noise
- Everyone seems to mumble or talk too quickly

Please consider wearing earplugs and tracking your noise level when practicing/rehearsing