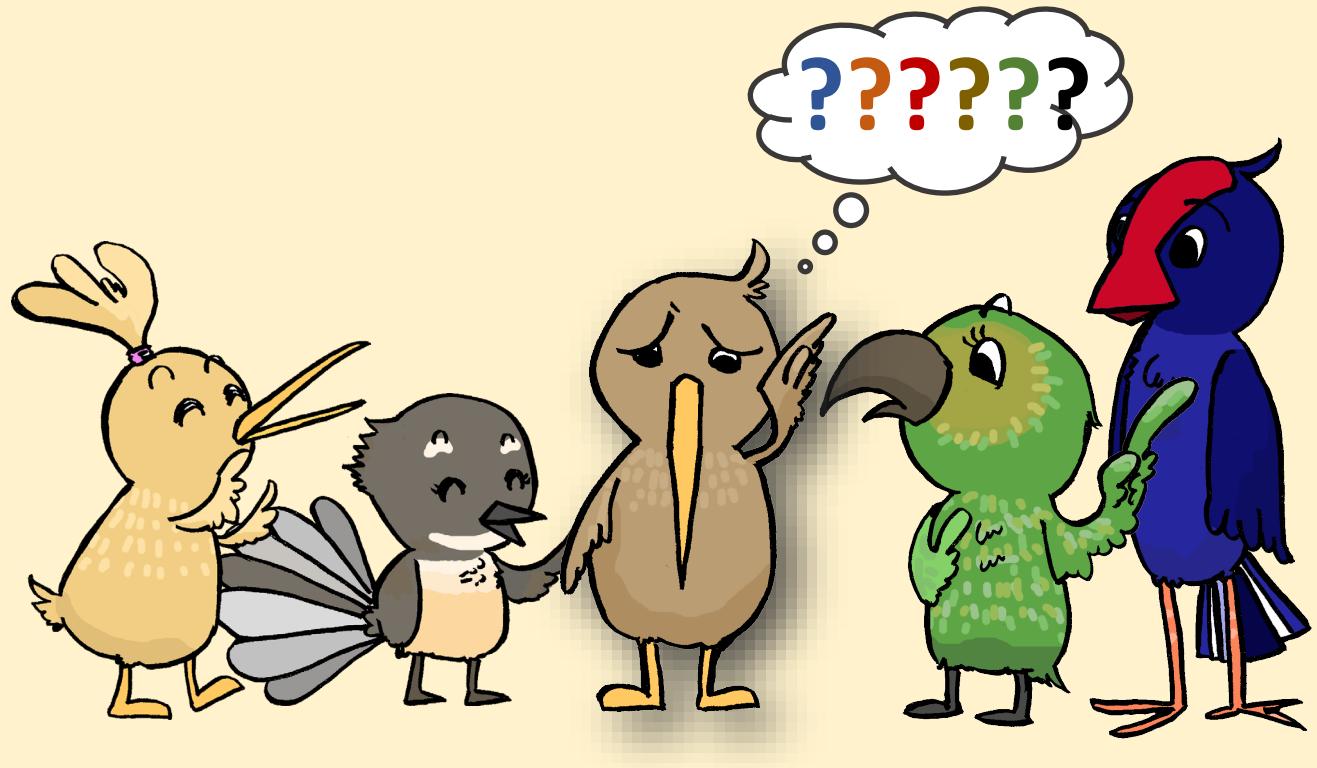


1 in 5 have HEARING LOSS that may cause communication difficulties.



Please be mindful of everyone's needs.



Speak slowly and clearly.



Rephrase or repeat, if necessary.



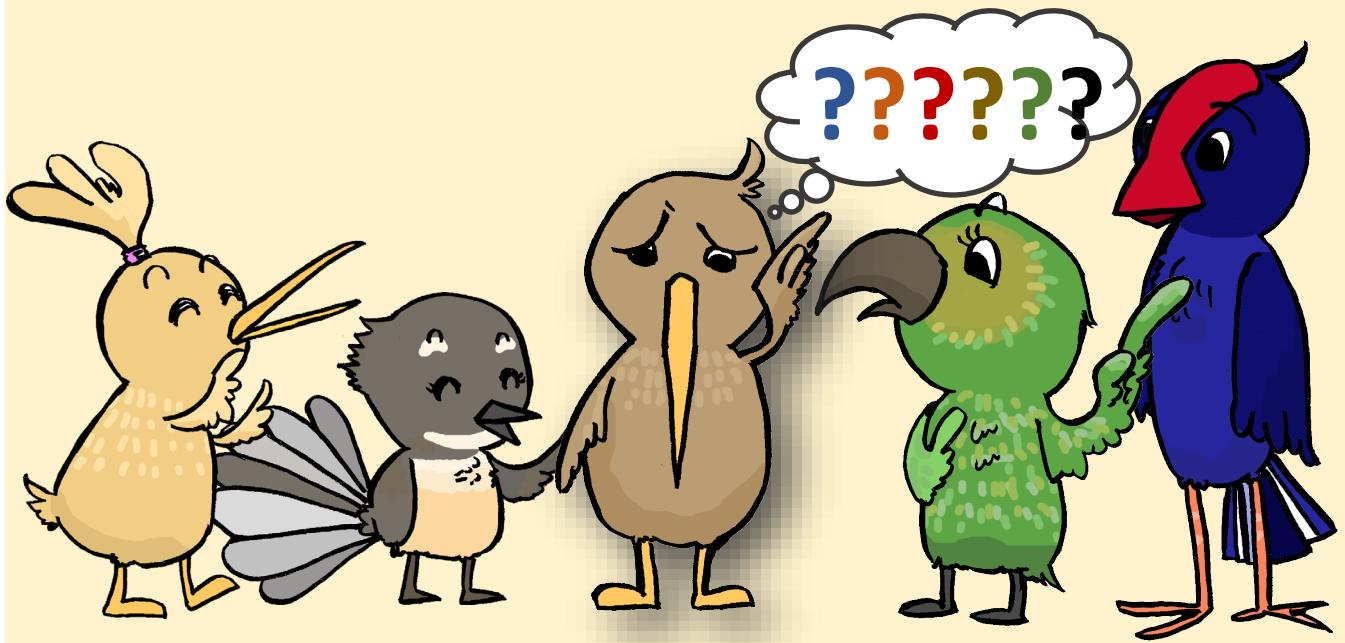
Use an app that can translate speech into text or writing tools.



Wear a clear mask so your lips are visible, if possible.



Kotahi tangata o roto i te 5 e whai mate rongoa ā-taringa e whai uauatanga mō te whakawhitiwhiti kōrero.



Me whakaaro nui ki ngā hiahia o te katoa:



Kia āta kōrero, kia whakahua tika te reo kōrero.



Tāruatia ai te kōrero, mēnā rā e hiahiatia ana.



Whakamahi he taupānga e taea ana te reo ā-waha nei te huri hei reo tuhituhi, ngā rauemi tuhituhi rānei.



Kia mau i te kanohi ārai whakatīaho e kitea ai ō ngutu, mēnā rā e āhei ana.



ALERT! YOUR EAR MIGHT BE TIRED!

You get sore legs and tired eyes when you use them too much.

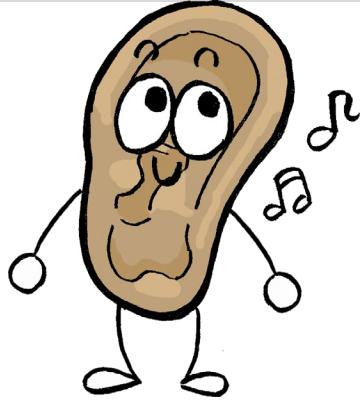
- Our ears get tired, if you listen to a sound that is too loud or for too long.

Avoid TOO Loud



- Loud sound will hurt your ears.
- Use earplugs or earmuffs to protect your ears.

Listen with Care



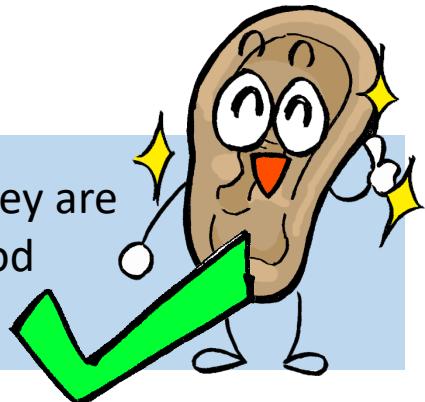
- Turn the volume down.
- We can enjoy TV and music without high volume.

Have a Break



- Rest your ears
- Have a break from leisure music.

Our hard working ears don't tell you when they are tired. Take care of your ear, so you have a good hearing for life!

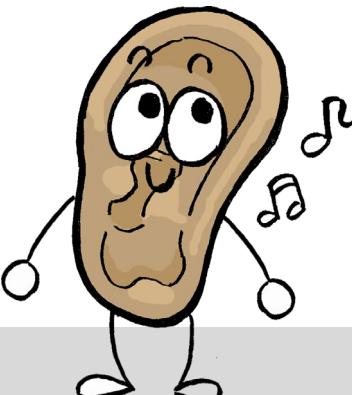


He aha māu hei whakahaumaru i ō taringa?

- Ina hīkoi nui noa nei ka ngenge haere ngā waewae ka rongo ai i te mamae.
- Ka ngenge anō hoki ō tātou taringa ina whakarongo ai ki ngā waiata tino kaha nei te reo mō te wā roa.



Mēnā rā e mahi ana koe i te taiao hoihoi, pēnei me te whakamahi i ngā mīhini e puta ai ngā reo kaha, tēnā whakamahia ngā purutaringa haumaru, kia whakahaumarutia ai ō taringa.



Kaua e kaha te whakamahia o ō taringa. Ko ngā puruwaea me ngā purutaringa, kia tūpato me te kaha o te reo, ā, kia kaua e whakarongo mō te roanga o te rā.



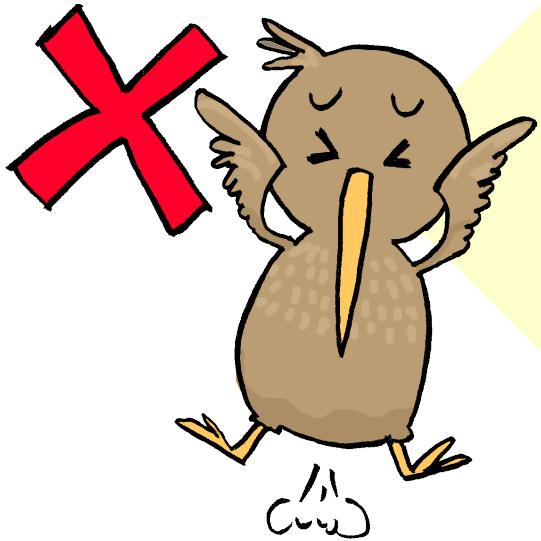
Whakatāngia ō taringa. He pēnei me te whakatā nei i ō karu mā te whakaweto i te Pouaka Whakaata, kia whai wā ngū ai mō ō taringa.



Te whakarongo haumaru:

He taonga ū tātou taringa. E rongo pai ai koe mate noa, me nānā ngā taringa.

What can you do to protect your hearing?



Our ears get tired when we listen to a sound that's too loud or for too long. When ears get unwell, it becomes hurt, and you will start to develop hearing loss.

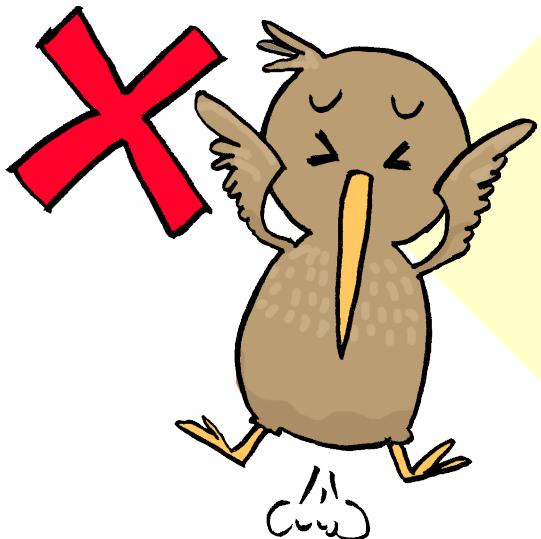


If you work in a noisy environment, like using a machine that produces a loud sound, please use earmuffs or earplugs to protect your ears.



Don't overuse your ear. Earphones and headphones, be careful with the volume and don't listen all day.

He aha māu hei whakahaumaru i ō taringa?



Ka ngenge anō hoki ō tātou taringa ina whakarongo ai ki ngā waiata tino kaha nei te reo mō te wā roa. Ina tino māuiui ai ngā taringa, ka mame anō ai, ā, ka whakawhanake mai te mate rongo ā-taringa.



Mēnā rā e mahi ana koe i te taiao hoihoi, pēnei me te whakamahi i ngā mīhini e puta ai ngā reo kaha, tēnā whakamahia ngā purutaringa haumaru, kia whakahaumarutia ai ō taringa.

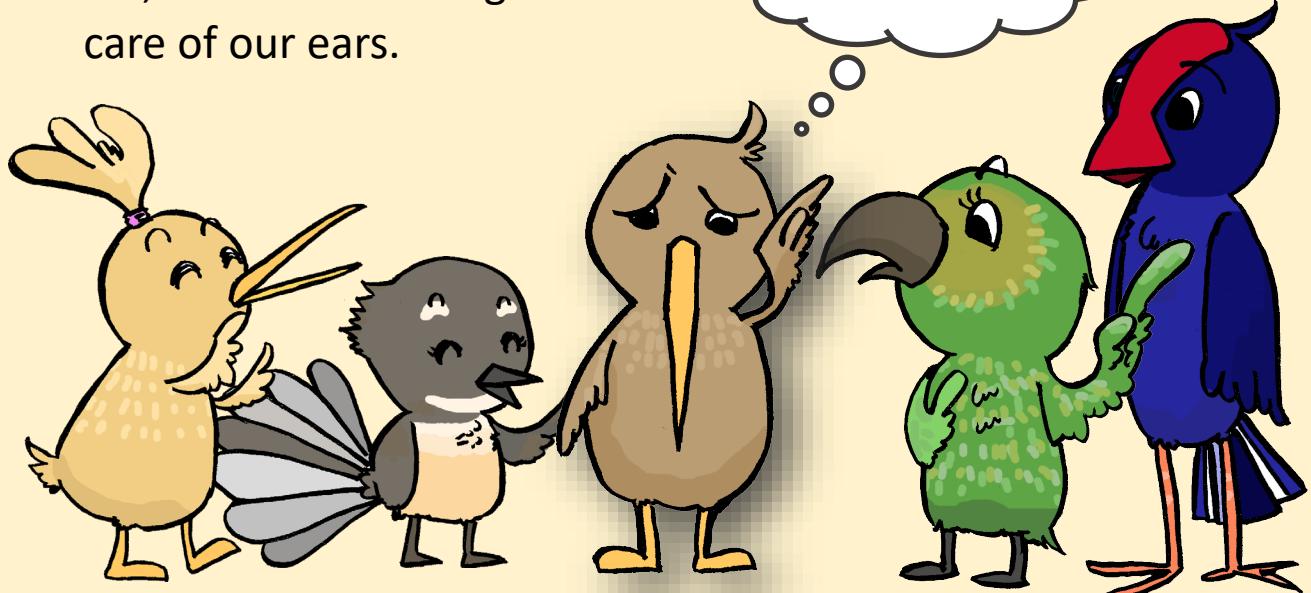


Kaua e kaha te whakamahia o ō taringa. Ko ngā puruwaea me ngā purutaringa, kia tūpato me te kaha o te reo, ā, kia kaua e whakarongo mō te roanga o te rā.

What can you do to protect your hearing?

Our hearing is very precious.

To have a good hearing for life, we have to take good care of our ears.



If you want to check your hearing, check out the website or app below:

<https://www.who.int/health-topics/hearing-loss/hearwho>

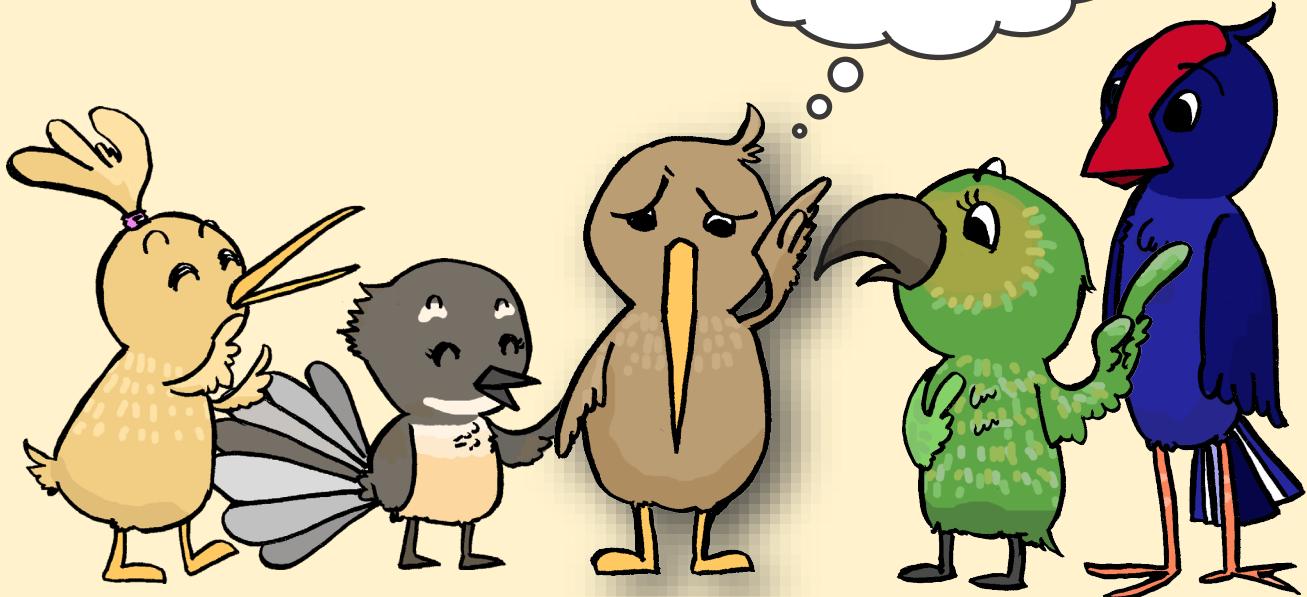
<https://www.who.int/publications/i/item/9789241515276>



Download the app

He aha māu hei whakahaumaru i ō taringa?

He taonga ūtātou taringa. E rongo pai ai koe mate noa, me nānā ngā taringa.



Ki te hiahia whai mōhiotanga anō mō ngā aratohu haumaru taringa, tirohia te paetukutuku kei raro nei:

<https://www.who.int/health-topics/hearing-loss/hearwho>

<https://www.who.int/publications/i/item/9789241515276>



Download the app

“World Report on Hearing”

Over
1.5 billion people affected by hearing loss

Of them, nearly 1 out of 3 need hearing care

80% live in low- and middle-income countries



#hearingcare



“World Hearing Report (2021)” is the first official report released by WHO on hearing loss.

- Hearing loss is very common.
- 1.5 billion people are affected by hearing loss across the globe.
- 430 million people need rehabilitation services for hearing loss across the globe.
- Hearing loss is on the rise. We estimate that 2.5 billion people will be affected by hearing loss in 2050.



“Te Rīpoata Rongo Ā-Taringa, Ā-Ao”

Over
1.5 billion people affected by hearing loss

Of them, nearly 1 out of 3 need hearing care

80% live in low- and middle-income countries



#hearingcare



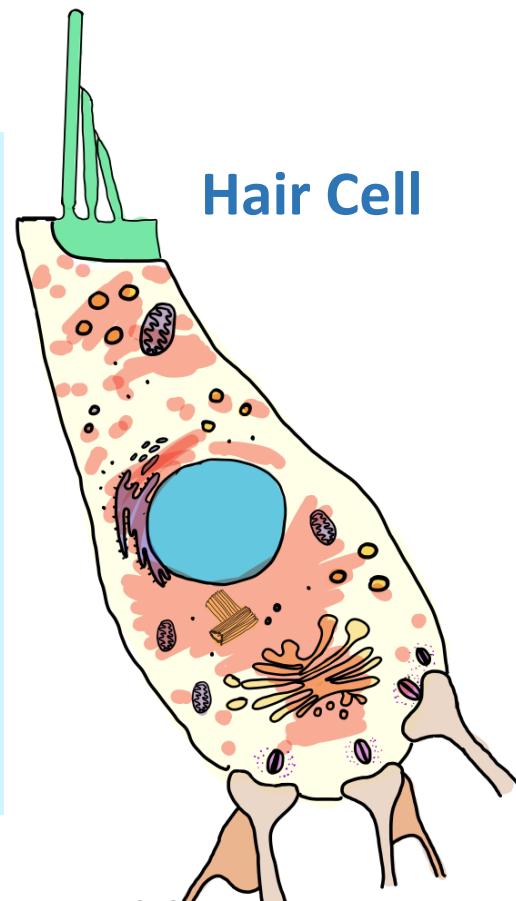
Ko “Te Rīpoata Rongo Ā-Taringa, Ā-Ao” te mea tuatahi kua puta ōkawa nei i a WHO e pā ana ki te mate rongo ā-taringa.

- He māori noa te mate rongo ā-taringa nei.
- 1.5 piriona tāngata e whakaaweawetia e te mate rongo ā-taringa puta i te ao.
- 430 miriona tāngata e hiahia ratonga whakamātūtū ake mō te mate rongo ā-taringa puta i te ao.
- Kei te piki haere tēnei mate. E whakatau tata ana mātou ka 2.5 piriona tāngata e whakaaweawetia ai e te mate rongo ā-taringa nei ā te 2050.

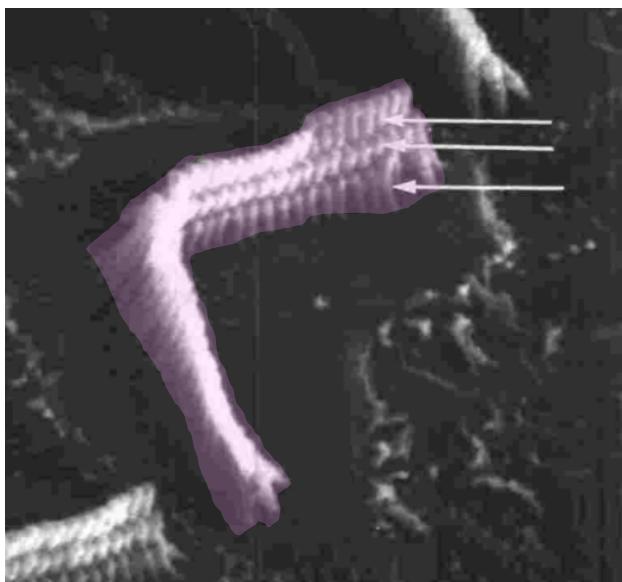


What happens when there is “hearing loss?”

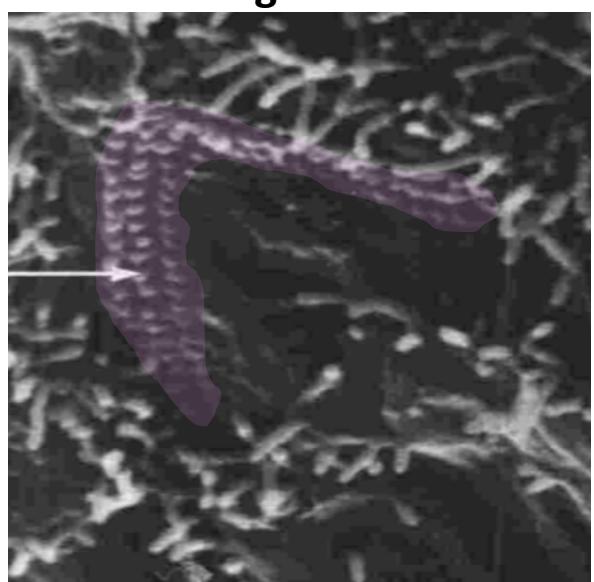
- Our special sensor for sound in the ear are called “hair cells”.
- Hair cells have “hairs” that can detect very tiny motion from vibrations of sound.
- When these hair cells become unhealthy, they lose their hairs. They cannot detect sound waves anymore, and you develop hearing loss.



Healthy hair



Damaged hair



We support World Hearing Day
Hearing & Balance Research
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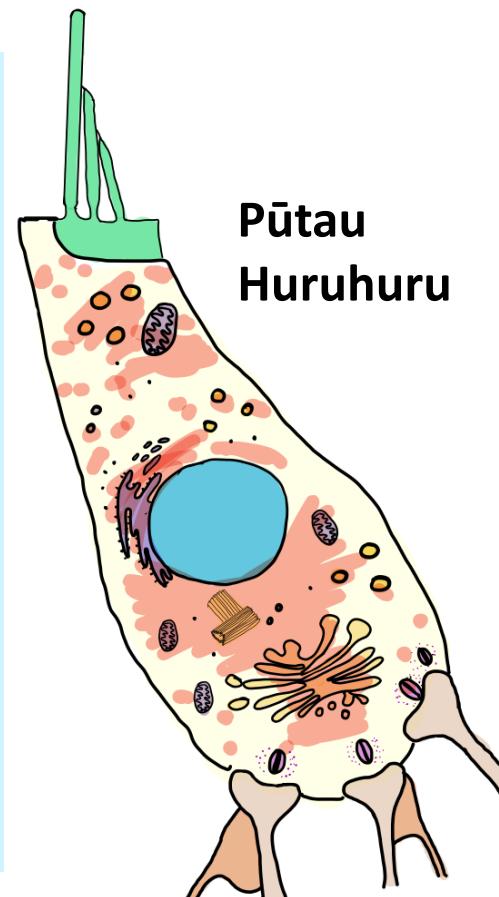
THE UNIVERSITY OF
AUCKLAND
Te Whare Wananga o Tamaki Makaurau
NEW ZEALAND

To hear for life,
listen with care!

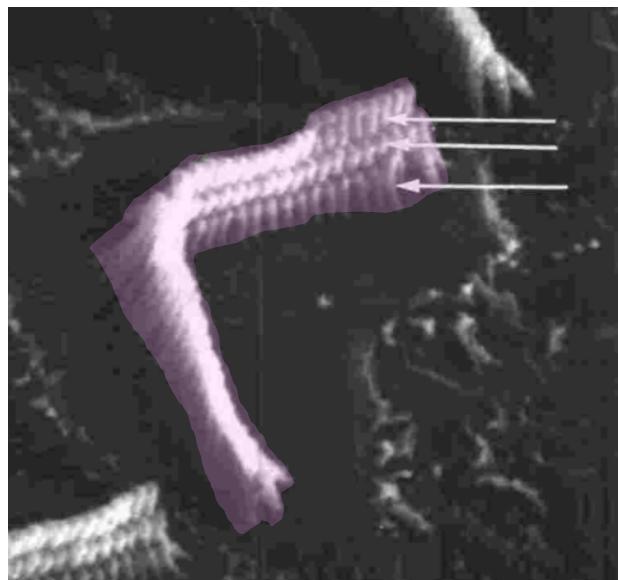


Ka ahatia ina pā ki te “mate rongo ātaringa?”

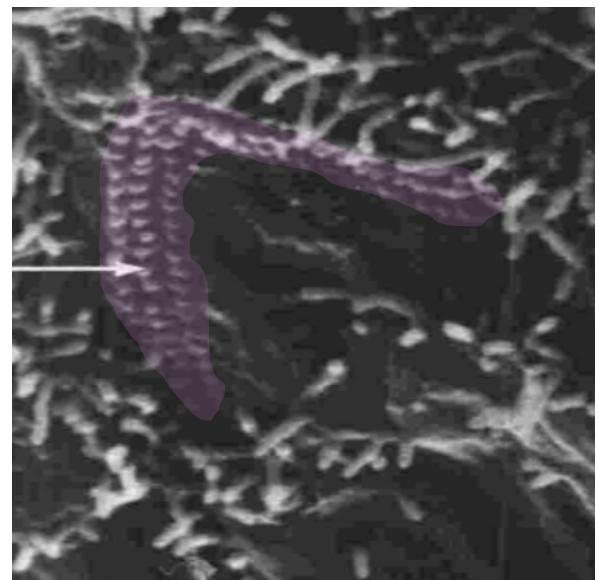
- Ō tātou paerongo motuhake mō te hou kei roto i ngā taringa e mea ana he “pūtau huruhuru”.
- Ko ngā pūtau huruhuru he “huruhuru” e taea ana te rongo i ngā nukutanga pakupaku i ngā ngateri o te hou.
- Ina heke haere te oranga o ēnei pūtau huruhuru ka ngaro ai ngā huruhuru. Ka kore e taea ināianei te rongo i ngā ngaru hou, ā, ka whakawhanake te mate rongo ā-taringa.



“Hauora” huruhuru



“Pakaru” huruhuru



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@AVTNC1



emc
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Twitter: @AVTNC1
<https://www.facebook.com/AVTNC1/>

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NEW ZEALAND

To hear for life,
listen with care!



Poutū-te-rangi Marama o Te Mātau a-Rongo



Whakarongo!

Listen!

Te Rongo
hearing

Hou sound

Whakarekareka *Pleasant sound*

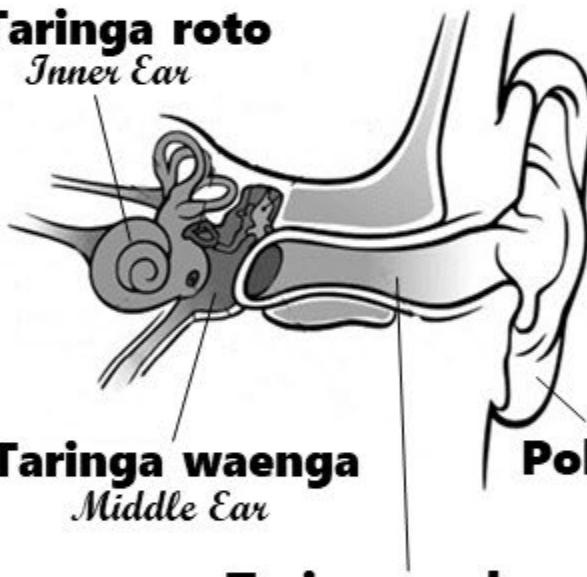
Waiata

Song

Kahaoro
Sound volume

Taringa roto

Inner Earth



Taringa waenga

Middle Ear

Taringa waho *Outer Ear*

Pokopoko/hoi

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Hearing & Balance Research



 EMC
Eisdell Moore Centre



Kāmehameha
Hearing is precious.

Manaaki
Protect your hearing.

Tūhono
Stay connected.