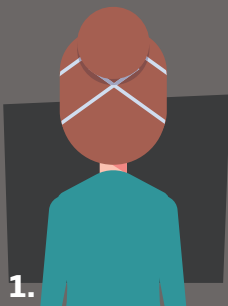


# Wearing a mask with your hearing aids



Here are some clever tips to protect your ears and your hearing aids while wearing a mask.



1.

If you have long hair, pull it back into a bun and loop the elastics around the bun.



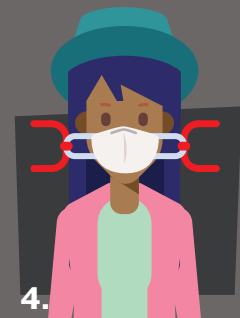
2.

Create a "mask extender" out of fabric or ribbon about 10cm long. Buttons sewn on either side allows for a place to put the elastic other than your ears.



3.

Sew 2 large buttons onto a soft headband, placing the buttons to line up with each ear. Looping the elastic around each button will take the strain off your ears.



4.

Use masks with string or ribbons that tie in the back. There are YouTube videos on creating masks that tie, which puts absolutely no pressure on the ears.

## Communicating when wearing a mask



Speak slowly, clearly and at a normal volume



Rephrase remarks when not understood



Take turns when speaking



Be patient - we are all in this together



Keep background noise in the room to a minimum



Face each other (at a safe distance)