



## Tips for wearing a mask with your hearing aid.

Face masks have become a new routine in our daily lives. But how do we protect ourselves and others while still getting the most out of our hearing aids? Here are a few tips that may help.

### **Wear tie masks.**

Putting on and removing your face mask can be tricky with a hearing aid. Look for masks that tie on the back of the head instead of over the ear. Face-covering extenders (simple elastic or fabric with 2 buttons, a paper clip, etc.) can be used to hold ear-loop masks in place without using the ear. Still having trouble? Ask your hearing professional about products that securely fasten hearing aids to glasses or clothing.

### **Ask for patience.**

Because others are also wearing masks and their voices will be muffled, listening may be harder. In addition, you won't be able to read their lips or see facial gestures. Adjust your hearing aids accordingly. Also, don't be afraid to ask for their patience and support. If necessary, have them write things down. You may also want to consider video calls using a phone or tablet, or apps that display speech as text.

### **Try assistive devices.**

There are many assistive devices that can help improve the effectiveness of hearing aids. Companion microphones can be useful for communicating with another person, and can be clipped to your clothing or placed in the center of a table to pick up additional sounds. Ask your hearing professional about devices that may be helpful for you and your listening needs.

### **Take a little extra time.**

When putting on or removing your face mask, go slowly so as not to bump the hearing aid.



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**8 a.m. – 8 p.m. CT, Monday – Friday**



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