

# CROYDON HEARING

Charity for hearing loss

## Hearing Aids and Face Masks

Over the past few months we've seen first hand how difficult it is wearing a mask if you have a hearing aid/s, not to mention adding glasses into the equation. We've asked advice, gleaned information from hearing aid companies and listened to your own tips and advice - so we've brought it all together in an effort to help you.

### Get your hair out of the way

Keep your ears as clear as possible by tying back your hair and removing glasses before putting mask on.

### Use the right face mask



Try using a mask / face covering with four strings and ties behind the head rather than the type with ear loops.

### Hearing aid first

Make sure if using an ear loop mask that the loop fits to the outside of the aids – so the loop holds the aids against the head.

### Try face mask extenders

Use alternative ways of attaching the mask such as button extensions or mask extenders (these can be made or bought).



### Keep checking

Remember to keep checking that the hearing aids are still in place during the fitting, wearing and following removal of the mask. Before leaving a location check that your hearing aids are still in your ears.

### **How to remove your mask**

Remove one side of the mask at a time, not both sides at once. Never just pull the mask off, instead carefully hold the hearing aid with one hand whilst removing the mask with the other. Take your time. Alternatively take your hearing aids out first and keep them somewhere safe whilst you then remove the mask.

### **Don't get distracted**

Make sure nothing else is in your hands when putting on or removing your mask. This will free up both hands for the task. Focus only on the task at hand. Don't try to talk on the phone, paying for something or putting shopping in the car.

### **Find a safe place**

If possible fit and remove your mask at home. The best thing to do is cover a table with a towel so if the hearing aids fall they land safely and you can easily see them. If you need to remove your mask while you are out then find a quiet corner where you can check around you if it falls down or remove it in your car so you limit where it can fall.

### **Check and check again**

Before you throw away masks or put reusable ones in the washing machine check that your hearing aids are not tangled up in them.

### **Remove glasses carefully**

When wearing aids, glasses and mask, remove glasses upwards instead of forwards, slowly and whilst standing still.

If you need any further advice regarding your hearing aid or how you can support someone who uses a hearing aid or has a hearing loss, please do not hesitate to contact us.

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