

# PRACTICE SAFE SOUNDS DURING FESTIVAL SEASON



With Jazz Fest approaching we're here with wellness tips to keep you healthy and festin'! Read on for 5 ways to protect your hearing and how to get your own pair of specialized earplugs so you can [#PracticeSafeSounds](#) !

## 5 WAYS TO PRACTICE SAFE SOUNDS



Prolonged exposure to loud noise causes irreversible wear & tear on your hearing. NOMC's [Save New Orleans Sounds Initiative](#) shares **5 Factors That Affect Hearing Loss and How to Prevent Them** so you can enjoy all the tunes while you [#PracticeSafeSounds](#)



### **Intensity: (average levels)**

Turn down the volume!



### **Duration: (exposure length)**

Take a break in a quiet space, especially when sounds are over 85 dB!

### **Distance: (between you & the sound source)**

Don't stand in front of the speakers. Put some distance between yourself and the



sound source!



## Wear protective earplugs when you can't control the volume!

Protective earplugs are one of the **only** protections against hearing loss brought on by loud noise.

**YOU NEED EARPEACE PROFESSIONAL EAR PLUGS**

**only \$15**

- HEAR CLEARLY
- COMFORTABLE
- DISCREET
- AWESOME MUSICIANS' CLINIC CASE

NEW ORLEANS MUSICIANS' CLINIC & ASSISTANCE FOUNDATION

### EarPeace Earplugs

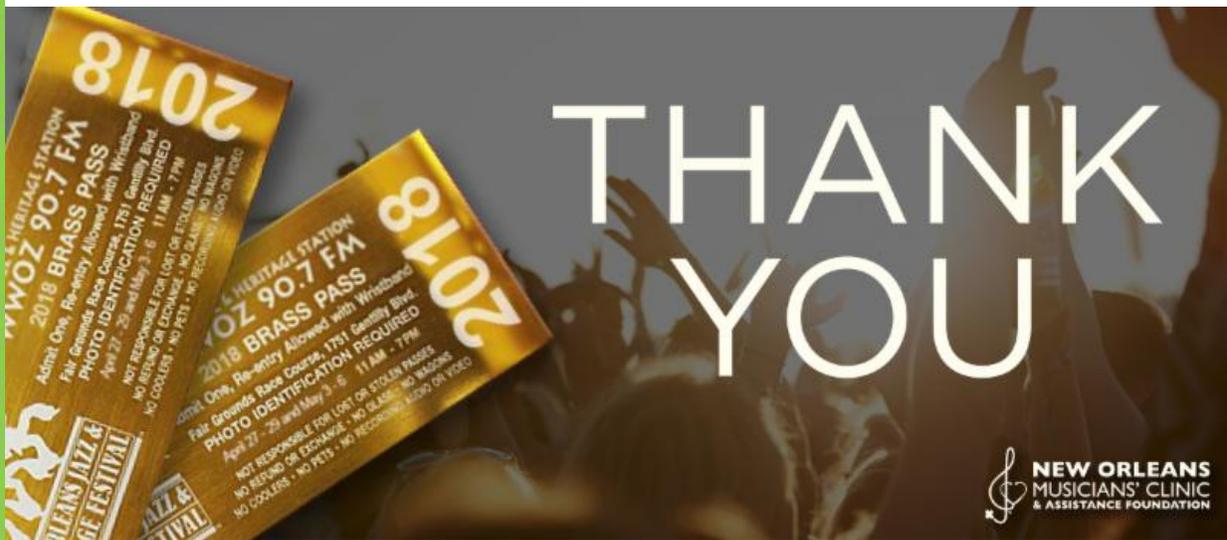
We've partnered with **EarPeace** to bring you professional grade hearing protection. EarPeace ear plugs provide exceptional sound clarity, are comfortable to wear and come in a handy NOMC case you can attach to your keychain!

**GET YOURS TODAY**

Joe (aka 'Kiss'), bartender at the historic music venue, The Maple Leaf Bar, says *"I LOVE these! I keep them on my keychain, can comfortably wear them for hours at a time and hear the customers perfectly."*



Thanks to all of our NOMC volunteers who handed out earplugs at French Quarter Festival. We gave out over 400 pairs of earplugs a day!



# THANK YOU



Congrats to our Spring Brass Pass Raffle winner, Derek! Thanks to all who participated! With your support, we raised over \$8,000 for patient care at the NOMC.



**Hope to see you at one of our Spring Events!**

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# NOMC SPRING EVENTS

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**THURSDAY, APRIL 26**

Cranberries Tribute | *Hi Ho Lounge*

**APRIL 27 - MAY 6**

Michael Weintrob's InstrumentHead  
Pop-Up | *Jacque Imo's*

**APRIL 30 - MAY 2**

Crawfish Fest | *Central City BBQ*

**WEDNESDAY, MAY 2**

WootDown | *Maple Leaf Bar*

**FRIDAY, MAY 4**

Bayou Rendezvous | *Howlin Wolf*



**Can't make it but want to support the NOMC?**

**DONATE**

[info@nomaf.org](mailto:info@nomaf.org) | [neworleansmusiciansclinic.org](http://neworleansmusiciansclinic.org)

Keep In Touch!

