

# LIKE IT LOUD?



**DON'T LOSE  
THE MUSIC**

# Avoid a noise hangover.

**Look after your ears now so you can enjoy music forever:**

- **Wear special re-usable earplugs designed for clubs and gigs.**
- **Use chill out areas to give your ears a rest.**
- **Stand away from loud speakers.**

2373/0506  
Registered Charity No. 207720



www.  
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