

Top tips from our hearing care experts:

1. Use a mask that ties around head, not elastic around the ears if possible
2. Use a mask extender if possible
3. Make sure that the rubber band is out the outside of the aids – so: head/aids/mask rubber band/ear (from inside to out)
4. If you have long hair, tie your hair back
5. Remove glasses before putting mask on
6. Remove glasses upwards instead of forwards, slowly and whilst standing still (above mentioned tips are to be applied even more carefully)
7. Shield from wind/rain before removing masks
8. When you take a mask or face covering off, take it off in a secure area, whilst standing or sitting still. E.g. in car, inside your home, in a quiet corner of a building where you can check the floor if it falls down.
9. Remove one side of the mask at a time, as opposed to both sides at once
10. Never yank the mask off, instead carefully hold the hearing aid with one hand whilst removing the mask with the other, or take your hearing aids out first, then remove the mask/
11. Never rush, but take your time when removing your mask or face covering to make sure your hearing aids are left in place
12. Make sure nothing else is in your hands when putting on or removing your mask. This will free up both hand for the task
13. If possible, you could ask family/friends that are close by to help or monitor the motion of removing the mask, making sure your hearing aids are in sight
14. Focus only on task at hand, instead of e.g. talking on the phone or packing shopping into the car
15. Take a second before leaving the location to check if your hearing aids are still in your ears
16. Check if your hearing aids got tangled up in masks before disposing of them or putting them into the wash (for reusable masks).



Tips for Wearing a Mask with Hearing Aids

If you wear hearing aids, you may have difficulty wearing a protective mask around your ears. Here are some simple solutions to get the elastic off your ears.



If you have a mask that goes around the head instead of over the ears, this is the simplest solution.



If your hair can be put in a bun, wrap the mask's elastic around the bun.



Sew two buttons onto a piece of ribbon to wear on the back of your head. Attach the mask's elastic to the buttons.



Sew two buttons onto a fabric headband above your ears and hook the mask's elastic onto the buttons.