

Wearing a face mask / covering with hearing aids

Tips for safely and comfortably wearing a face mask with hearing aids.

Wearing masks and face coverings

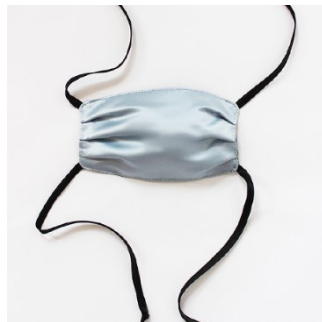
The current COVID-19 requirement to wear face coverings or masks in some situations may cause some problems for hearing aid users. With a 'behind-the-ear' hearing aid there may be problems of comfort. There may also be a risk of losing your hearing aid when removing the mask or face covering.

Getting the elastic away from your ears

The best solution is to wear a face mask / covering that does not hook directly over the ears because there is a risk of the hearing aids pulling off when you remove the face covering.



If you are making your own mask it is best to ensure you make one which ties around the back. This can be done by making the mask and attaching a tie (ribbon or other suitable material) at each of the four corners of your mask.



If you cannot find a face mask / covering that ties around the back, you can still adapt one which has loops over the ears.

Adapting masks / coverings with over the ear loops

If you attach two buttons either end of a ribbon or piece of elastic (see right).



The 'ear' loops of the mask / covering then go over the buttons as shown left. This means that they are no longer around your ears.

A similar approach can be used by attaching buttons to head coverings or hair bands, if you wear them.



You can also buy lots of different styles of mask loop/strap extenders or you can make your own using a strip of Velcro.



If you have long hair and style your hair in a bun you can use this to attach your mask by looping the ear straps around your bun.



When removing your mask / covering

- Do it in a secure area, while standing or sitting still, so that if your hearing aid does get dislodged you can find it easily.
- Remove one side of the mask at a time, as opposed to both sides at once.
- Carefully hold the hearing aid with one hand while removing the mask with the other, or take your hearing aids out first, then remove the mask.
- Never rush, but take your time when removing your mask / face covering to make sure your hearing aids are safe.

How to contact the Audiology Department

- Telephone: 0118 322 7238
- Email: Audiology@royalberkshire.nhs.uk
- Web: www.royalberkshire.nhs.uk/audiology

If you would like this leaflet in other languages or formats (e.g. large print, Braille or audio), please contact the Audiology department.

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