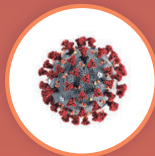
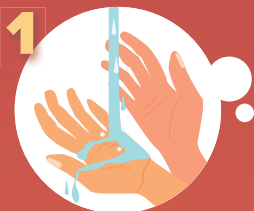


HOW TO WASH HANDS TO CURB SPREAD OF CORONAVIRUS



People need to wash their hands often, especially after sneezing, coughing, blowing their nose, using a washroom, handling garbage, changing diapers, handling raw food and being outdoors. If clear water is not readily available, use an alcohol-based hand sanitizer.



Wet hands.



Apply soap.



Lather for 15 seconds. Rub between fingers, back of hands, fingertips and under nails.



Rinse well under running water.



Dry hands well with paper towel or a hot air blower.



Turn off taps with paper towel, if available.

Source: Toronto Public Health

Torstar graphic

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By Cory Soal
R.H.A.D.

... Lend Me Your Ears

WHAT SHOULD YOU EXPECT FROM HEARING INSTRUMENTS!

Part 2

* Understanding speech is a brain function and although the hearing instruments will give your brain the tools it needs to understand speech, it takes training and patience to improve your ability to understand.

* Different listening situations will offer different abilities to understanding. Noisy situations are harder to hear conversation even for normal hearing individuals; hearing instruments should improve your ability, but will not allow you to perform as a normal hearing individual.

* Many sounds that you hear will sound different, or more distinct, to you. This is because your diminished hearing over a long period of time has trained your brain to accept the slight differences in the sounds you normally hear. Wearing hearing instruments will bring back the original sounds as they should be heard, although different to you. With time your brain will accept the new changes to these sounds.

* Hearing instruments should allow you to understand speech better in most situations than without your hearing instruments.

The Georgetown



HEARING CLINIC

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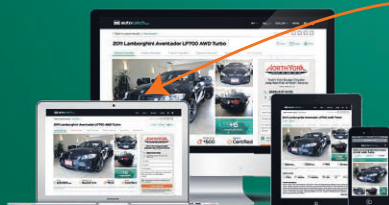
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