



First Nations Health Authority  
Health through wellness

# Protecting your hearing aids while you protect yourself during COVID-19



Wearing a face mask and practicing physical distancing are among the best ways to protect against [COVID-19](#).

Most masks have ear loops to keep them in place, however they can be tricky for people who wear hearing aids. A hearing aid can fall out if it gets caught in the loop or the wearer accidentally knocks it out when removing the mask.

## HERE ARE SIX TIPS FOR KEEPING HEARING AIDS FROM FALLING OUT:

1. When unlooping a mask from behind the ears, stand still and slowly remove one loop at a time. Standing still enables you to see where the hearing aid lands if it falls out.
2. Remove the mask in the same place every time, such as inside a car, home entrance way or living room. If a hearing aid falls out, it will be easier to find in an enclosed space.
3. Sew a button on each side of a headband or ball cap, or on each end of a flat strip of cloth to make an 'ear saver'. Hook the ear loop over each button to secure the mask to the ear saver.
4. Buy or [sew a mask](#) that ties around the back of the head instead of the ears. This design can be found in stores, through craft sellers and online.
5. If sewing isn't an option, grab a t-shirt and a pair of scissors and [make a t-shirt mask](#).
6. Tie long hair into a pony tail, braid or bun and crisscross the loops around it. If the loops are too short, make two ponytails or braids and loop the mask around them.

Elders with limited hand dexterity may find it hard to tie and untie straps or attach loops to small buttons. Larger buttons or elasticized straps are easier to handle.

Anyone experiencing hearing loss is encouraged to make an appointment with an audiologist. Hearing aids are covered by the First Nations Health Benefits Plan. Visit [fnha.ca/benefits](https://fnha.ca/benefits) or call 1-855-550-5454 for information on how to access coverage.