

# Communication Strategies WHILE WEARING A MASK



Speak clearly,  
loudly and slowly.

Try to rephrase  
rather than repeat.



Use your eyes to  
enhance your message.

Use body language  
and hand gestures.



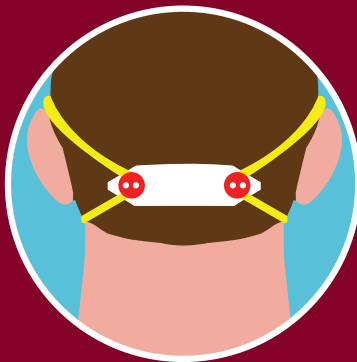
Augment your message  
with written tools.

# Protecting your Hearing Aids While Wearing a Mask

If you wear behind-the-ear (BTE) style hearing aids, you may have difficulty wearing the elastic of a protective mask around your ears. Here are some simple solutions to increase your comfort and protect your aids from coming off with your mask.



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



**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.**



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