



Aboriginal
Health Council
of Western Australia

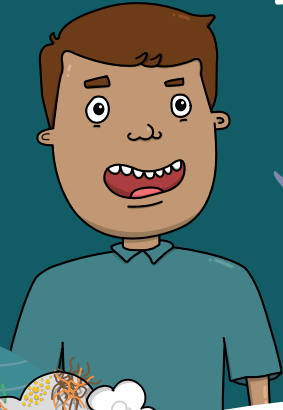
Ear
Health

Simon Says

Environmental Health
Caring for ears, caring for mob.



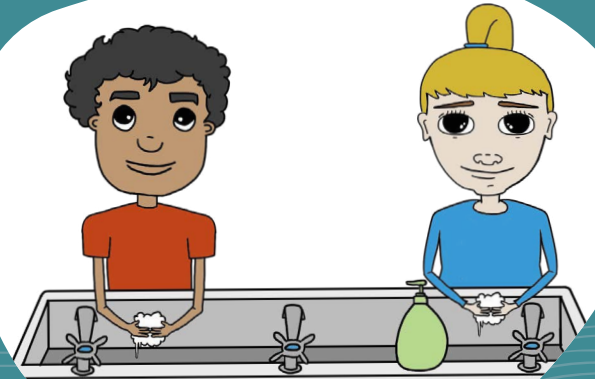
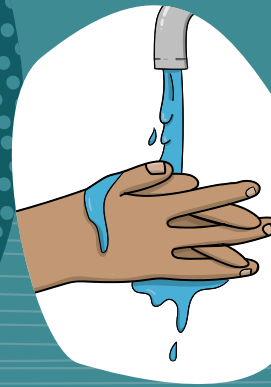
Simon Says:



Did you know that the environment you live in can affect your ear health?

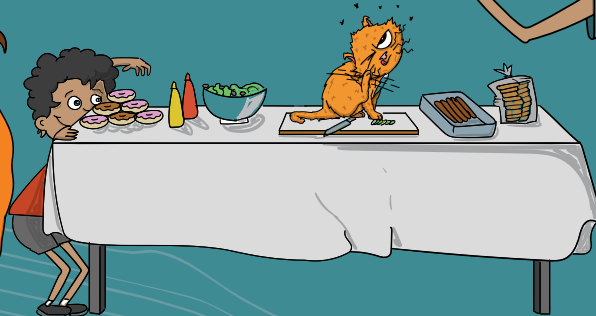


When biggest mob family all live in the same house, spreading germs with each other is a big risk.



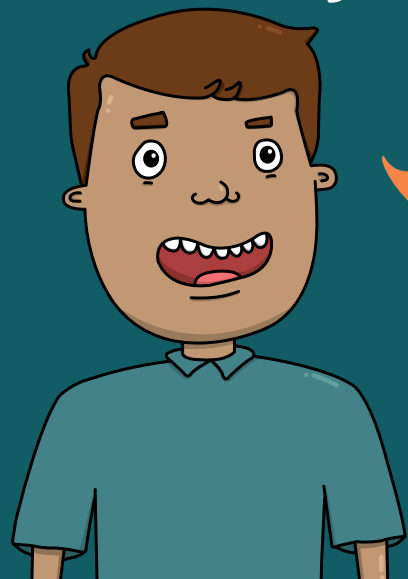
What are some ways we can keep safe from germs in the house Simon?

Good question, Rickesha! Cleaning up and washing your hands often can help protect against bad germs that can hurt your ears.

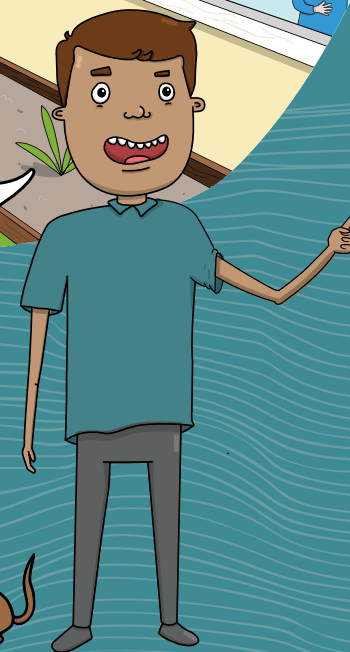




Simon Says:

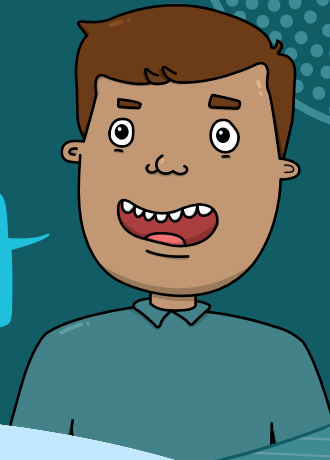


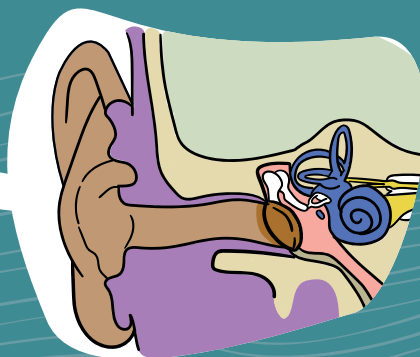
Being around tobacco smoke or high levels of air pollution can cause ear infections and damage your hearing.



Simon Says:

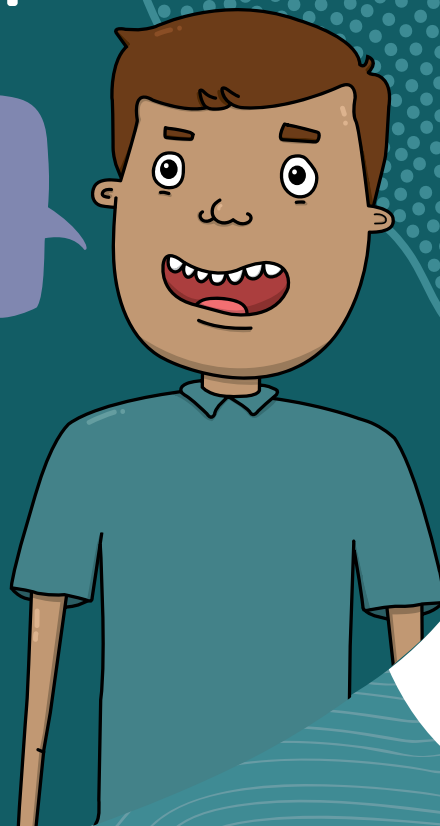
Being around loud noises too much can damage your hearing.



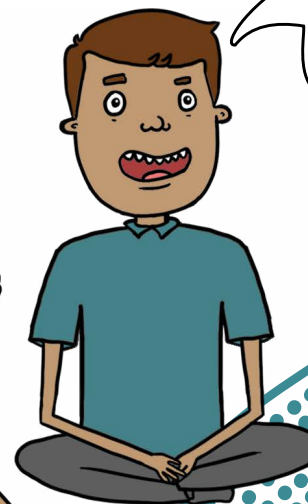


Simon Says:

Make sure you get regular ear checks to pick up any ear infections early, before they lead to hearing damage.



Where can I get checks done Simon?

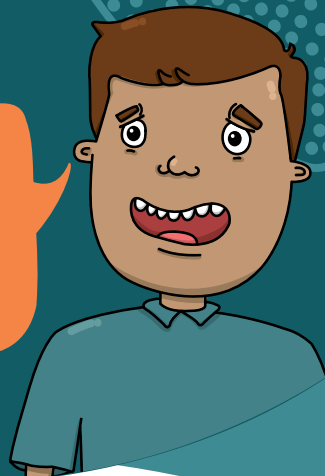


You can ask about an ear check at your local AMS, from your Aboriginal health worker, doctor, nurse, or your environmental health worker.



How many cats and dogs
can you find in our story?

How many did you find? _____



Can you name these people?



H _____

___ k ___

___ t ___

Lets find the right word to finish the sentence!

Very loud _____ can
damage your ears.

noices

noizes

noises

I _____ my ears everyday.

clean

kleen

klean

I _____ my hands daily.

wosh

wash

wish

I _____ my nose each day.

blow

blue

blew

I _____ away from nasty smoke.

keap

keep

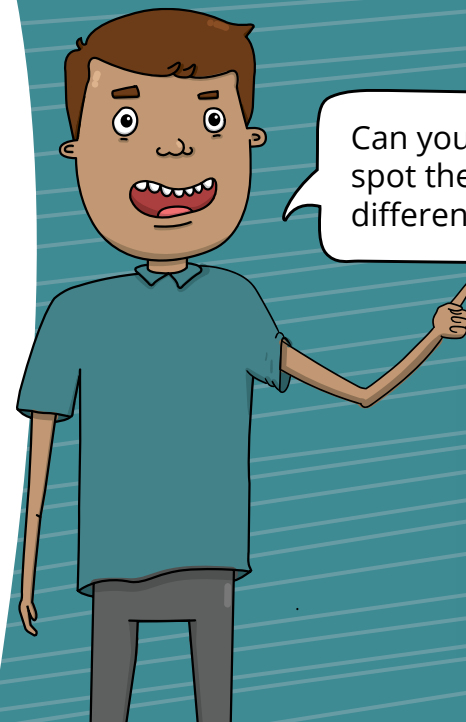
kepe

I get my _____ checked at
the local clinic.

eers

eres

ears



Can you
spot the 7
differences?



For more information please contact:

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