

COMMUNICATING WITH A MASK AND A HEARING AID



Speak slowly and clearly

Allow a little more space between your words than you typically would. This will help the person you are addressing to process what you are saying.



Take turns when speaking

Pause often to make sure you're being understood and that you understand what's being said.



Get their attention

Make sure you have the person's attention before you start speaking. You can wave to them or call their name.



Speak up, but don't shout

Talk a little louder to ensure that your voice carries through the mask.



Face each other, at a safe distance

Make sure you face the person you are talking to and ensure there are no obstructions between you and the person you are talking to.



Be mindful of your environment

Background noise can make conversation especially hard. When possible, move to a quieter spot or turn down the sound.



Use your body language

Maintain good eye contact, use hand gestures, nod your head to indicate you understand, and make use of your eyebrows to communicate. That way you can overcome the limitations of communicating using facial expressions when wearing a mask.