

How To Prevent Noise Exposure When Pregnant



Make sure you do not have noisy objects in your surroundings



Discuss with your employer if you are concerned about too much noise exposure at your workplace

Stay indoors if there is a bursting of firecrackers



Prefer spending time at calm places such as meditation centers or libraries

Avoid watching movies with loud noises or going to a rock concert with loud music



Refrain from listening to loud music and limit the use of headphones