

# Exelon Mask Guidance: Hearing Aid Support



**Exelon Legal and OHS have approved the following Gaiter as a mask alternative purchased through Tyndale:**

Procurement of this Gaiter must be approved by your supervisor and have a relevant business justification (i.e., substation work, other field work, etc.) Details for securing an approved Exelon gaiter can be found in the [FR Clothing Program Guide](#)

## Tips for Wearing Your Hearing Aids with a Face Mask

1. Pull back any long hair into a bun or with an elastic tie.
2. Rather than looping the elastic of the mask on the ears, utilize button extensions for the mask (which can be made or bought).
3. Obtain a mask that has four strings and ties behind the head rather than worn with elastic on the ears.
4. When removing the mask, pull the strings/loops backwards first to help prevent pulling the hearing aid off your ear.

- ❖ Mask Extenders/Ear Protectors are available through a variety of retail suppliers.
- ❖ The key point when selecting an Extender /Ear Protector is to ensure that your mask maintains the proper fit requirements.
- ❖ **When in an Exelon facility – use Exelon provided masks & adhere to site-specific reqs.**



### DO choose masks that

- Have two or more layers of washable, breathable fabric
- Completely cover your nose and mouth
- Fit snugly against the sides of your face and don't have gaps
- Have a nose wire to prevent air from leaking out of the top of the mask

CDC.gov

## Talk to your hearing care provider

**Ask about: Mask mode**  
 Many hearing aid manufacturers have created a new device setting known as "mask mode." It adjusts volume levels to account for how face masks affect speech.

If your hearing aids don't have a mask mode, your hearing care provider may be able to make other adjustments so you can better hear people wearing face masks.

### Masks and hearing aids: Try modifications

**Use a mask holder**  
 These are worn near the back of the head and can hold the ear loops, reducing interference with your hearing aids (and eyeglasses).

**Fabric ties may work better**  
 Fabric ties can be loosened and may not interfere with hearing aids as much as elastic ear loops.

**Remove mask carefully**  
 So you don't yank out your hearing aids.

## Be mindful of your communication

- Speak slowly, clearly and at a normal volume.
- Make sure hearing aids are turned on.
- Rephrase remarks when not understood.
- Keep background noise in the room to a minimum.
- Take turns when speaking.
- Face each other (at a safe distance).

HealthyHearing.com