

Additional Information

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Additional Information

Implantable Medical Devices

A minimum separation of six (6) inches should be maintained between a wireless phone and an implantable medical device, such as a pacemaker or implantable cardioverter defibrillator, to avoid potential interference with the device. Persons **who have** such devices:

- Should ALWAYS keep the wireless phone more than six (6) inches from their implantable medical device when the wireless phone is turned ON;
- Should not carry the wireless phone in a breast pocket;
- Should use the ear opposite the implantable medical device to minimize the potential for interference;
- Should turn the wireless phone OFF immediately if there is any reason to suspect that interference is taking place.
- Should read and follow the directions from the manufacturer of your implantable medical device.

If you have any questions about using your wireless phone with such a device, consult your health care provider.

For additional information, see www.fda.gov/cellphones/.

Caution: Avoid potential hearing loss

Prolonged exposure to loud sounds (including music) is the most common cause of preventable hearing loss. Some scientific research suggests that using portable audio devices, such as portable music players and cellular telephones, at high volume settings for long durations, may lead to permanent noise-induced hearing loss. This includes the use of headphones (including headsets, earbuds, and Bluetooth® or other wireless devices). Exposure to very loud sound has also been associated in some studies with tinnitus (a ringing in the ear), hypersensitivity to sound, and distorted hearing. Individual susceptibility to noise-induced hearing loss and other potential hearing problems varies.

The amount of sound produced by a portable audio device varies depending on the nature of the sound, the device, the device settings, and the headphones. You should follow some commonsense recommendations when using any portable audio device:

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- Set the volume in a quiet environment and select the lowest volume at which you can hear adequately.
- When using headphones, turn the volume down if you cannot hear the people speaking near you or if the person sitting next to you can hear what you are listening to.
- Do not turn the volume up to block out noisy surroundings. If you choose to listen to your portable device in a noisy environment, use noise-cancelling headphones to block out background environmental noise.
- Limit the amount of time you listen. As the volume increases, less time is required before your hearing could be affected.
- Avoid using headphones after exposure to extremely loud noises, such as rock concerts, that might cause temporary hearing loss. Temporary hearing loss might cause unsafe volumes to sound normal.
- Do not listen at any volume that causes you discomfort. If you experience ringing in your ears, hear muffled speech or experience any temporary hearing difficulty after listening to your portable audio device, discontinue use, and consult your doctor.

You can obtain additional information on this subject from the following sources:

American Academy of Audiology
11730 Plaza American Drive, Suite 300
Reston, VA 20190

Voice: **(800) 222-2336**

Email: info@audiology.org

Internet: **www.audiology.org**

National Institute on Deafness and Other
Communication Disorders

National Institutes of Health

31 Center Drive, MSC 2320

Bethesda, MD USA 20892-2320

Voice: **(301) 496-7243**

Email: nidcdinfo@nih.gov

Internet: **<http://www.nidcd.nih.gov/health/hearing>**

National Institute for Occupational Safety and Health

Hubert H. Humphrey Bldg.

200 Independence Ave., SW

Washington, DC 20201

Voice: **1 800 CDC INFO (1 800 232 4636)**

Internet: **<http://www.cdc.gov/niosh/topics/noise/default.html>**

Additional Information

Drive responsibly

- If you choose to talk while driving, always use a hands-free device. Make sure your hands-free device is on and working before driving.
- Do not dial or look up phone numbers when driving. Use the voice-activated feature on your wireless device.
- Using a wireless device while driving may increase your risk of distraction, whether or not you use a hands-free device. To eliminate this risk, consider turning your wireless device off and allowing calls to go to Voice Mail.