

How to Reduce Noise and Noise Pollution?

Loud noise can create physical and psychological stress, reduce productivity, interfere with communication and concentration, and contribute to accidents!

- Close the windows
- Shut the doors
- Be creative with the office or house layout
- Turn off electronic devices
- Turn down the volume
- Have a dedicated quiet space
- Use ear plugs
- Invest in noise-cancelling headphones
- Install carpet or noise-friendly flooring
- Frequently lubricate machinery
- Plant trees and shrubs
- Be aware of your barking dog

Let's all be good neighbors and co-workers!!

Causes	Effects	Solutions
<ul style="list-style-type: none">▪ Urban planning▪ Industrialization▪ Public transportation▪ Noise pollution from cars▪ Construction▪ Children▪ Events▪ Domestic appliances▪ Agriculture▪ Alarm systems▪ Military▪ Storms▪ Rainfalls▪ Thunder	<ul style="list-style-type: none">▪ Psychological disorders▪ Tinnitus▪ Stress▪ Annoyance▪ Brain damages▪ Hearing problems▪ Cardiovascular diseases▪ Communication issues▪ Sleeping issues▪ Effects on animals and plants	<ul style="list-style-type: none">▪ Reduce sound in your space▪ Turn off electronics▪ Mask noise▪ Close windows▪ Move to another home with low level of noise pollution▪ Build a fence▪ Plant trees▪ Install quiet spaces▪ Electric cars▪ Earplugs▪ Headphones▪ Government regulations▪ Be social▪ Education▪ Convince others