

Tinnitus and COVID-19

(buzzing or ringing in the ears)

What you need to know

What is it?

Tinnitus (buzzing or ringing in the ears) can be a troublesome symptom following COVID-19. It's usually described as a sound (whistling or ringing) heard in one or both ears without being able to find an outside source.

Tinnitus is believed to be a result of abnormal nerve signals from the ear to the brain. It can be caused by damage to the ear (wax build-up, perforated eardrum, aging of the ear, acoustic trauma) or other factors (concussion, medication, etc.).

The sounds can be continuous or on and off. For some, tinnitus can be very loud when everything else is quiet, for example, just before bed.

Often, the perception and impact of tinnitus improve over time.

How to reduce the perception and impact of tinnitus

The most common self-management strategy for reducing the intensity of tinnitus is to use "white noise," or soothing background noise. For example, you could listen to relaxing music, or the sound of waves, rain falling, or waterfalls, on low volume. You could also turn on a fan or open the windows to hear the noise from outside.

Hearing background noise helps the brain to ignore the tinnitus. Most of the strategies listed above can be used at bedtime to help you sleep better.

Other common strategies are stress and fatigue management and healthy eating.



What should I do?

- Talk to your doctor.
- Consult an audiologist.

Remember: that applying self-management strategies on a regular basis is an effective way of managing tinnitus.

Reference:

Post Covid-19 Interdisciplinary Clinical Care Network.
(2021, 22 mars). Ringing in the Ear (Tinnitus)
in Post Covid 19 Recovery. [www.phsa.ca/health-info-site/
Documents/post_covid_19_tinnitus.pdf](http://www.phsa.ca/health-info-site/Documents/post_covid_19_tinnitus.pdf)

If you have questions about long COVID, please email us at: readaptation.covid.cisssmo16@ssss.gouv.qc.ca.

Our mission

To maintain, improve, and restore the health and well-being of the Québec population by making accessible an array of integrated and quality health and social services, while contributing to the social and economic development of Québec.

Our vision

Accessible and efficient health care and services that adapt to the needs of Québécois.

Our goals

The CISSS de la Montérégie-Ouest achieves its goals through its innovative approaches and stands apart through:

- its exemplary offer of care and integrated services based on interdisciplinarity, accessibility, and adaptability to the needs of its population;
- its willingness to question and improve its professional, clinical, and administrative practices;
- its appreciation of its personnel and the implementation of human resource management practices;
- its strong relationships with its partners.

Our values

Our actions are guided by five equal and interconnected values: compassion, collaboration, commitment, confidence and consistency.