

COVID-19 and Hearing Loss

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Reports of hearing loss and tinnitus (ringing in the ears) have been associated with COVID-19 for some patients. A scientific review published recently in the *International Journal of Audiology* summarizes these trends.

Researchers from the University of Manchester conducted a systematic review of available scientific literature regarding COVID-19 and associated hearing loss and tinnitus published through December 2020. Based on stringent criteria for meta-analysis and bias risk, the authors rejected 850 records while 28 case reports and 28 cross-sectional studies met their inclusion criteria. Their analysis of the data revealed that 7-15% of adults diagnosed with COVID-19 reported auditory (ear/hearing) and/or vestibular (balance) symptoms. The most common symptoms



- Tinnitus (ringing in the ears) - studies show ringing in the ears lasting weeks or months after the infection had cleared.
- Hearing difficulties
- Vestibular issues such as dizziness or vertigo.

To access the full report:

- Almufarrij, I and Munro, KJ (2021). One year on: an updated systematic review of SARS-CoV-2, COVID-19 and audio-vestibular symptoms, *International Journal of Audiology*, DOI: [10.1080/14992027.2021.1.108014992027.2021.1](https://doi.org/10.1080/14992027.2021.1.108014992027.2021.1).

To review an example case study:

- Koumpa FS, Forde CT, Manjaly JG (2020). Case Report: Sudden irreversible hearing loss post COVID-19; *British Medical Journal* 13:e238419. [doi:10.1136/bmj-2020-023841](https://doi.org/10.1136/bmj-2020-023841)

For more information on managing hearing loss and tinnitus:

- American Speech-Language Hearing Association: [Tips for Communicating Effectively while Wearing Masks and Physical Distancing](#)
- American Tinnitus Association: [Tinnitus and the Corona Virus](#)
- National Institute on Deafness and Other Communication Disorders: [Health Information](#)

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