

# VOCAL HYGIENE

## Things to do NOW:

- ❖ Drink plenty of water
- ❖ Keep voice at conversational loudness
- ❖ Control medical conditions that may affect the voice (reflux, asthma, allergies)
- ❖ Manage stress
- ❖ Get plenty of rest
- ❖ *Use easy, relaxed voice in all situations*

## Things to AVOID:

- ❖ Coffee, alcohol, sodas, tea – anything with caffeine
- ❖ Smoking
- ❖ Highly spiced foods, which may lead to reflux
- ❖ *Yelling or talking over loud noise*
- ❖ Coughing and hard throat-clearing
- ❖ Forcing your voice to do things it can no longer do

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