



### **Vocal Hygiene**

1. Do not smoke or spend time in smoking environments.
2. Decrease or avoid alcoholic beverages.
3. Decrease caffeine intake.
4. Avoid yelling, screaming, shouting or excessive loud laughing.
5. Cough or clear your throat only when you must and then do it gently, and easily. Drink water each time you feel the need to clear your throat.
6. Decrease talking in noisy places (around machinery, using a hair dryer, over music, riding in cars or buses with the window down, parties, bars, concerts, etc.)
7. If your throat feels dry, sip liquids, suck on hard candy or chew gum.
8. Maintain proper cool mist humidity in your home.
9. If you must speak or sing publicly, use a microphone and/or position yourself centrally in the room. Raising your voice to be heard is harmful.
10. Do not sing with the radio. Limit talking time and phone time. Over-use is harmful to the voice.
11. Do drink at least (8) 8 oz. glasses of water daily.