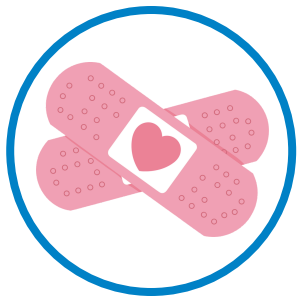


# Taking Care of Your Voice

It is important to take care of your voice. Just like exercising helps keep your body fit, having good vocal habits can keep your voice healthy too.

In this handout, you will learn the following tips:

1. Modeling good vocal habits
2. Avoiding harmful vocal habits
3. When to seek medical advice for your voice



## Signs that show your voice needs care:

- Your throat is sore or irritated
- You clear your throat a lot
- You feel like you are losing your voice
- Your voice sounds scratchy

## Six Tips to Keep Your Voice Healthy



### Stay hydrated:

- Drink lots of water
- Eat water rich foods like apples, bell peppers, grapes and watermelon
- Avoid too much caffeine like dark colas and chocolate



### Take a vocal nap:

- Rest your voice, especially after using it a lot
- Take 15 minutes of rest for every hour of voice use
- Rest your voice when you are tired or sick



### **Avoid irritants:**

- Stay away from cigarette smoke, dust and chemicals
- Avoid things that you are allergic to
- Talk to your doctor about allergy medications and how they might impact your vocal cords



### **Model good voice habits:**

- Use a normal loudness and indoor voice
- Avoid yelling or screaming
- Get close to the person you want to talk to before speaking
- Take turns when talking to avoid using a loud voice



### **Replace harmful habits with good ones:**

- Use whistles, horns or movements like clapping to show excitement
- Move to a quieter room to talk
- Use gentle voices instead of whispering
- Tap the person on the shoulder to get their attention instead of yelling



### **Taking care of general health:**

- Some health conditions can affect your voice like allergies, asthma or reflux
- Talk to your doctor if you think health issues are affecting your voice

#### **References:**

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