

Voice Care Guidelines

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Vocal Hygiene: Taking Care of Your Voice

DO:

- > Drink 8 glasses of water daily
- > Use a humidifier in dry environments
- > Rest your voice when it feels tired
- > Speak at a comfortable pitch and volume
- > Warm up your voice before extensive use
- > Take vocal breaks throughout the day
- > Practice good breathing techniques

DO NOT:

- X Shout or scream
- X Whisper (it strains vocal cords)
- X Clear your throat excessively
- X Smoke or vape
- X Consume excessive caffeine or alcohol
- X Talk over loud background noise

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Warning Signs - See a Doctor If:

- > Hoarseness lasting more than 2 weeks
- > Pain when speaking or swallowing
- > Complete loss of voice
- > Difficulty breathing

Quick Voice Rest Tips:

- > Use a notepad or texting instead of talking
- > Avoid phone calls when possible
- > Reduce background noise to speak softer
- > Take steam showers to hydrate vocal cords