

**Vocal Hygiene/Care**

1. Stay hydrated – sipping water throughout the day.
2. If your throat feels dry or has a “tickle,” try sucking on a hard candy (avoid peppermint or cinnamon) or glycerin-based cough drop (e.g., Zand orange flavor).
3. Eliminate caffeinated beverages. (For every ounce of caffeine, drink an additional ounce of water.)
4. Eliminate smoking or exposure to cigarette smoke.
5. Reduce/eliminate alcohol consumption.
6. Monitor the amount of dairy foods eaten.
7. Avoid coughing or clearing throat by taking sips of water and swallowing three to four times in a row.
8. Avoid sitting directly under the vents of an air-conditioner or heating unit.
9. Avoid shouting from room to room or floor to floor.
10. Avoid talking over loud background noise.
11. Avoid shouting when angry, upset, or tense.
12. Avoid using your voice when you are tired or under emotional strain.
13. If voice use leads to fatigue, rest your voice and reduce talking.
14. Do not whisper – this could cause bowing of the vocal folds.
15. Lifting weights or heavy objects while voicing will cause excessive tension/irritation of the vocal folds.
16. If you are a teacher or speak frequently to groups, it may be beneficial to utilize amplification.
17. Avoid singing out of normal comfortable vocal range.
18. If you are a singer, always do warm-up exercises and consult a voice coach.