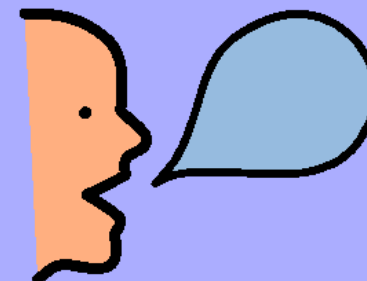


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GOOD VOCAL HYGIENE ADVICE

On request, this publication can be supplied in alternative formats including large print, Braille, audio tape and disk. We can also translate the Information into languages other than English. This publication is also available on our website www.acecic.co.uk

To keep your voice healthy

Do not

× **Smoke**



× **Shout**



× **Whisper**



× **Drink neat spirits**



× **Cough** or **clear your throat**. Try **swallowing** or **sipping water** and have a **hum** instead.



× **Sing**. Start singing gradually when you feel your voice can cope with it



× **Suck cough sweets** unless needed. They can **dry** out the **throat**.

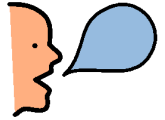


× **Eat late at night**. **Reflux** (acid from the stomach) can **irritate the throat**, particularly when **lying down**



Do

✓ **Speak** in a **relaxed** manner



✓ Take **extra care** if you use your **voice** a lot

✓ **Increase the humidity** in your **home**. Put **dishes of water** by **radiators** and **windows**



✓ **Avoid hot, dry, dusty places**



✓ Keep a **glass of water** nearby to **sip** often. **Drink** at least **two litres** a day



✓ Ensure you **drink** some **water** in the **morning**

✓ **Rest** your voice when possible



✓ Inhale **steam** over a **bowl of boiling water** if your **voice** feels **tired**



✓ **Relax**. **Anxiety** and **tension** can **affect** your **voice**



✓ Consider what you are **eating**. **Acid** in **dairy** and **citrus** may make your **saliva** **thicker**.

