WHAT ARE GOOD HABITS FOR HEALTHY VOCAL CORDS?

If your voice is hoarse and scratchy sounding...

• Avoid talking in a "funny" voice (Donald Duck, etc).

• Drink lots of liquids throughout the day (carry a water bottle around with you).

• Avoid caffeine (pop, coffee, tea) Cold medicines (antihistamines) can irritate the vocal cords

• Avoid clearing of throat or coughing

• Avoid smoking and smoky environments

• Rest your voice (cut down on talking)

• Try to eliminate background noise when talking

• Avoid yelling and screaming

• Avoid whispering

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