

## 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