

Vocal Hygiene

1. Avoid shouting, screaming, cheering and excessive loud laughing.
2. Cough, clear your throat or sneeze only when you must, and then do it gently and easily.
3. Do not make strange noises with your voice, such as using reverse phonation, abrupt glottal attack or strained vocalization.
4. Avoid talking in noisy places: around machinery, power lawn mowers, farm equipment, when listening to loud music or using a hair dryer.
5. Avoid talking while using noisy transportation such as buses, trains, subways, and riding in autos at high speed. Also, avoid talking when riding on snowmobiles, dune buggies, motor-cycles and motorboats.
6. Avoid talking when you have an upper respiratory infection such as a cold.
7. You may be requested not to sing, act in plays or give speeches or oral reports.
8. Talk when you wish but not too much. You may be asked to limit the amount of talking you do.
9. Talk with adequate loudness, at the best vocal pitch for you and with good rate.
10. Talk easily, initiate vocal tones smoothly and effortlessly. Hold your head straight when you talk. Do not strain the muscles of the face, throat, neck or shoulders as you talk.
11. It may be recommended that, if possible, your home have filtered heating and air conditioning and proper humidity. Avoid breathing through your mouth in very cold weather.
12. Keep in good health. Exercise regularly, but not too vigorously or noisily. Do not smoke. Stay away from smoky or dusty places. See your physician regularly for general checkups. If you are on regular medications check to be sure that they have no effects on the throat, mouth and nose.
13. You may be requested to avoid highly spiced foods and to substitute skim milk and ice milk for whole milk and ice cream.
14. Sit in the center of the room so you can be heard easily without talking loudly. Speak only when others in the room are quiet.
15. Please follow the guidelines in our brochure, *Vocal Primer, Care of the Voice*, which you will receive in our office.