HYDRATE: Hydration refers to keeping the vocal folds moist.
- Avoid dry air
- Drink lots of water throughout the day
- Limit caffeine and alcohol intake
- DO NOT SMOKE

STOP THROAT CLEARING: Excessive throat clearing can cause excess wear and tear.
- When the feeling is present, try swallowing hard or sipping water
- Try clearing your throat silently – “huh”
- When you lose your voice, try to talk softly as whispering can further irritate the vocal folds

IRRITATING YOUR VOICE: Your voice can become tired/strained in the same way your legs can.
- Rest your voice throughout the day
- Avoid shouting and screaming
- Talk at a moderate volume