



The Australian Voice Association celebrates
The 10th World Voice Day April 16th 2010
Ten Top Tips to a Healthy Voice

- **Use your voice well!** Learn to optimize healthy voice production. If you do a lot of talking or singing, learn to produce voice well - without strain or damage.
- **Keep your voice hydrated!** Adequate hydration is very important for healthy voice and vocal folds. Drink at least 2 – 3 litres of water per day. Steaming helps vocal wellness.
- **Warm up your voice!** (As you would the rest of your body) if you're going to embark on prolonged talking or singing - e.g. Teacher, Minister of Religion or Call Centre Operator.
- **Be wary talking or singing above background noise!** This can strain your voice so you need to recognize and avoid high voice risk situations.
- **Don't smoke and avoid smoky environments!**
- **Don't repeatedly clear your throat and avoid coughing excessively!** These activities damage your voice.
- **Consider using amplification** (microphone or megaphone) where loud voice is necessary.
- **Certain medications and drinks can dehydrate your voice.** These include antihistamines, cold and flu medications, coffee and alcohol. Take these into account when talking or singing.
- **Don't scream or shout!** Using loud voice without damage requires special skills. If you have to use loud voice, get specialist training from a Voice Teacher or Speech Pathologist.
- **Especially look after your voice during allergies and upper respiratory tract infections!** Your voice is more susceptible to damage at these times.

Remember it's important to seek evaluation and advice from an Ear, Nose and Throat Specialist in conjunction with a speech therapist if your voice is hoarse or husky for more than a few weeks, particularly if you smoke or don't have cold symptoms.

Australian Voice Association

www.australianvoiceassociation.com.au