



YOUR **Voice** IS A VERY VALUABLE RESOURCE



DO NOT

Misuse or abuse your voice...
Smoke, or if you can't give up, cut down...
Talk above the noise at social or sports events...
Talk or even whisper if you are losing your voice...



AVOID

Answer by shouting when you're upset or anxious...
Chemical irritants or dry dusty conditions...
Eating a large meal before going to bed at night...
Excessive use of the telephone...



TAKE CARE

If you have to use the telephone for your living...
About what you drink: too much alcohol, coffee, tea or cola will dry you up...



TRY

Not to clear your throat unnecessarily...
To warm up your voice if you're going to use it for a long time...
To have a humidifier in your workplace...



MAKE SURE

You drink at least 6–8 glasses of water each day...
That if your voice sounds different for more than two weeks, you see your doctor...



NOTE

Spicy foods and dairy products may affect the voice...
Hormonal changes (such as the menopause, pregnancy or menstruation) can affect voice quality...

**Get
medical
advice
if you're
worried**

The voice is closely linked with emotion, so tension or depression might show in your voice...

TAKE CARE OF YOUR **Voice**