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Vocal hygiene advice sheet

- **Do not smoke** – this is the single most damaging thing you can do to your larynx.
- Avoid **talking or shouting above the noise** at social or sports events.
- Aim to drink at least **6-8 glasses of water each day**. Consider having a bottle of water with you at all times.
- If you feel you have the start of **laryngitis**, or your voice is beginning to become hoarse, **do not talk** or even whisper.
- Avoid **caffeinated drinks** – they will dehydrate the larynx.
- Avoid **fizzy drinks** – the acidity in them can be damaging to the larynx.
- Avoid **throat clearing** – doing so forcibly brings your vocal cords together and the repeated trauma can cause damage and irritation. If you feel the urge to clear your throat, sip some water instead.
- Try to **warm up** your voice if you're going to use it for a long time.
- Consider **humidifying** your larynx – for example with steam inhalations.