

# Top Tips for Voice Care



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## Avoid

**Yelling**, screaming, shouting forcefully – for whatever reason!!

**'Pushing' your voice**

**Talking in noisy places** – e.g. pub!

**Talking too much if your voice feels strained/hoarse/you have a cold**

**Using a forced whisper**

**Speaking on insufficient breath**

Singing when your voice is vulnerable

**Habitual throat clearing** (some of us do this as a mannerism before speech!)

## Irritants

**Smoking**

**Excess alcohol**

**Smoke/dust and fumes**

**Acid Reflux**

**Medicated lozenges (very drying)**

## Instead

**Devise other ways of attracting attention** e.g. handclapping, blowing a whistle signalling, etc

**Speak face to face**

Reduce distance between yourself and others

Use a softer tone

Use sound amplification if available

**Reduce noise** (turn off TV or radio, move to a quieter place)

**REST** your voice whenever possible to avoid damage. A short time off work for voice recovery is better than long absence, which is expensive for school!!

This strains the larynx more than talking and can lead to longer term voice problems

**Use a gentle confidential tone**

Use breath to power the voice rather than tensing the larynx

**Only sing if it feels comfortable**

This can irritate the membranes covering the vocal folds, sip water or swallow instead

If you have cough producing phlegm, **try a gentle huff instead!**

Death to vocal quality! Do you want to stop smoking? Seek help from your GP. Beware recreational drugs as they can damage the voice in additional ways through heat, irritation of the linings of the nose and throat, and by limiting the breath

**Drink plenty of water** to avoid becoming dehydrated

**Improve ventilation**

Use alternatives to sprays (e.g. deodorants, household cleaners)

If you are commonly suffering from this (stomach acid coming back up the food pipe and irritating the throat)

**Check your diet.** Eat at least 2 hours before going to bed. See the GP. Treatment is available

**Drink plenty of water, suck fruit pastilles, inhale plain steam to moisten the back of the throat and soothe**

For more information, please visit our [publications page](#).