

# Vocal Health Hints

## Avoid...

- \*Beverages that dehydrate
- \*Vocal overuse (shouting, whispering, or talking over noise, during rehearsals, or for long periods of time)
- \*Drying medications (increase water intake if these are necessary)
- \*Speaking in a monotone voice. Fluctuate speaking patterns
- \*Stress (learn your music early!)
- \*Sight-singing at high volume
- \*Poor environmental factors (smoke, molds, dust, low humidity)

## If you get sick...

- \*don't deny it! begin to rest your voice
- \*drink extra fluids and take extra rest
- \*stay away from other singers

## Always try to...

- \*sleep at least 8 hrs a night
- \*wash your hands frequently
- \*drink 8-12 glasses of water a day
- \*warm up thoroughly on your own
- \*sing with proper technique
- \*be physically healthy