

## Vocal Health and Safety Information

### Prevention:

1. Stay hydrated- water- limit tea, coffee, and caffeine.
2. Vocal rest- avoid speaking, singing, practicing, for extended periods without a break.
3. Warm up properly- like stretching for athletes. **Don't** skip this step!
4. Try not to cough or clear your throat.
5. Be careful when you are sick- take care of yourself and know your limits.
6. Don't smoke and avoid smoky areas.
7. Don't abuse your instrument- no yelling, screaming, etc.
8. Take care of your body- eat well, sleep well, exercise, etc. Your body is your instrument so take care of **all** of it.
9. Listen to your body- mark if you need to do so.

If you are constantly hoarse or if you struggle to produce sounds (takes more air than usual to get sound going on a regular basis) get checked out.