

NJSHA'S 10 TOP TIPS FOR VOICE PROTECTION!



HEALTH CARE
COMMITTEE

- 1.** Stay hydrated: Have a water bottle handy and drink sips frequently. Note caffeine is dehydrating.
- 2.** Think ergonomics: Posture is important. If working virtually from home, elevate the screen so your chin will remain parallel to the floor.
- 3.** Pay attention to your breathing: Your breath is the power source for volume; sit/stand upright and breathe “down to your belly”.
- 4.** Keep sentences short to allow time to take a breath.
- 5.** Minimize speaking over noise to avoid straining the voice.
- 6.** Try the following if you need to speak OVER NOISE in the environment:
 - Use a WHITE/ERASE BOARD or TEXT for simple messages that may be changed.
 - Provide frequent information via WRITTEN INSTRUCTIONS: directions, daily specials.
 - Consider a portable voice amplifier if talking with a mask outside and/or talking in a very noisy space.
- 7.** Avoid long phone conversations when experiencing vocal fatigue.
- 8.** If you experience a TIRED VOICE during the day, give yourself a break: for every 50 minutes ON take 10 minutes OFF from speaking.
- 9.** Avoid spicy and/or acidic foods and excessive caffeine which may contribute to acid reflux. Acid reflux may cause irritation to the throat and vocal folds.
- 10.** Seek medical advice from your doctor, primary care physician, or ENT (ear, nose, and throat doctor) if your vocal fatigue or hoarseness lasts more than 2-4 weeks and does not get any better!

For more information check out these additional resources from ASHA:

- <https://leader.pubs.asha.org/doi/10.1044/leader.MIW.25082020.34/full/>
- <https://leader.pubs.asha.org/doi/10.1044/3-questions-to-ask-clients-about-their-vocal-care/full/>



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