

VOCAL HEALTH CHECKLIST

Small habits that help protect your voice



DAILY CARE

- ☐ Drink water regularly throughout the day.
- ☐ Balance caffeinated beverages or limit alcoholic drinks
- ☐ Get enough sleep and take breaks if your voice feels tired.
- ☐ Use a humidifier if indoor air is dry.
- ☐ Eat well, exercise, and manage reflux or heartburn if relevant.



HEALTHY VOICE USE

- ☐ Speak at a comfortable, natural pitch and volume.
- ☐ Take short vocal naps during heavy voice-use days.
- ☐ Use a microphone or amplification rather than projecting over noise.
- ☐ Support speech and singing with steady breath, not throat tension.
- ☐ Rest your voice when you are ill, hoarse, or fatigued.
- ☐ Avoid shouting, screaming, and whispering.



AVOID IRRITATION AND STRAIN

- ☐ Avoid smoking, vaping, second-hand smoke, and chemical fumes.
- ☐ Limit repeated throat-clearing; sip water or swallow instead where possible.
- ☐ Avoid talking over loud background noise.
- ☐ Avoid holding a phone between your shoulder and ear.
- ☐ Ask a clinician if you are concerned about medications that dry your throat.



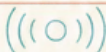
WATCH FOR WARNING SIGNS

- ☐ Hoarseness or raspiness lasting more than 2–3 weeks.
- ☐ Pain, strain, or effort when speaking or singing.
- ☐ Frequent coughing or throat-clearing.
- ☐ Reduced vocal range, loss of high notes, or a voice that weakens through the day.



GET HELP

- ☐ Breathing difficulty or a sudden major voice change: seek urgent medical advice.



General information, not a diagnosis. Based on voice care guidance from NIDCD, ASHA, and NHS resources.