



WORLD VOICE DAY APRIL 16

7 Easy Ways to Maintain Vocal Health

#Tip 1

Maintain proper hydration.

Drink 2-3 litres of water per day.

Remember to sip water frequently.





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#Tip 2

MAINTAIN GOOD POSTURE AND BREATHING HABITS

FOR HEALTHY SPEAKING





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#Tip 3

AVOID LYING DOWN
IMMEDIATELY
AFTER FOOD TO
PREVENT REFLUX
ACIDITY





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#Tip 4

AVOID THROAT CLEARING AND
EXCESSIVE COUGHING



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#Tip 5

TAKE 'VOCAL NAPS' WHILE
SPEAKING FOR A LONG DURATION



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#Tip 6

**Speak naturally with ease and
in a moderate volume**

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#Tip 7

CONSULT A
SPEECH-LANGUAGE PATHOLOGIST
OR ENT DOCTOR WHEN YOUR
VOICE CHANGES OR THROAT HURTS!

