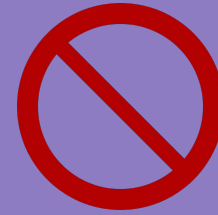


# Do's and Don'ts



## Do:

1. Stay Hydrated
2. Avoid vocal misuse and overuse
3. Take care of your body (rest, exercise and eat well)
4. Avoid getting sick (wash hands, etc)
5. Take "Vocal Naps"
6. Use natural throat products



## Don'ts:

1. Clear your throat
2. Strain your voice
3. Smoke
4. Use medications that are drying
5. Push through hoarseness
6. Clench your teeth or jaw