



VOCAL HYGIENE TIPS

58 % of teachers report a history of voice disorders. Here are some tips to protect your voice.

PROJECT YOUR VOICE FROM YOUR BELLY NOT YOUR THROAT

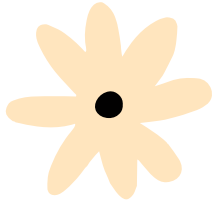
AVOID CLEARING YOUR THROAT TOO OFTEN

BUILD PERIODS OF VOCAL REST INTO YOUR DAY

DON'T WHISPER

STAY HYDRATED

May is Better Speech and Hearing Month



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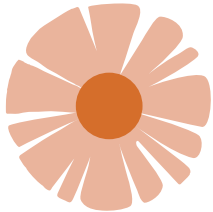
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