

Maintaining your voice

SOT

Ashley Brim

OSF HealthCare speech language pathologist

"If someone has had the flu or COVID and they've had a consistent cough, it can cause trauma to the vocal cords. The vocal cords are closing so rapidly with each cough." (:11)

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"That's very helpful in maintaining a healthy environment for your vocal cords. It makes sure they're not getting too strained." (:09)

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"Maybe you have a job like an auctioneer or a teacher trying to yell over a group of students. You have to make your voice louder [for your job]. Try to focus on more projection. And take vocal rests. Take 10 minutes to let your vocal cords reset. Drink water. Try to decrease the trauma to the vocal cords as much as possible." (:33)