

TIPS FOR A SORE THROAT

- Rest (go to bed early, take a nap during the day)
- Drink lots of fluids, preferably warm or hot
- Drink herbal teas only
- Avoid caffeine (caffeine and black tea dry out the throat)
- Cut up fresh ginger, add to boiling water and boil for a 3-5 min. Add lemon and/or honey to taste. Add an optional ginger/lemon herbal tea bag or any other herbal tea. Sip slowly



- Do not whisper (whispering irritates the vocal folds)
- Silence is the best remedy for resting the voice
- Suck on lollies that do not contain menthol or eucalyptus (they dry out the sinuses and the vocal folds too)
- Inhale steam: take a cup/bowl of boiling water, put your face over it, and cover your head and the cup with a towel, and breathe in the steam. This is the only way to bring moisture directly onto your vocal folds.

