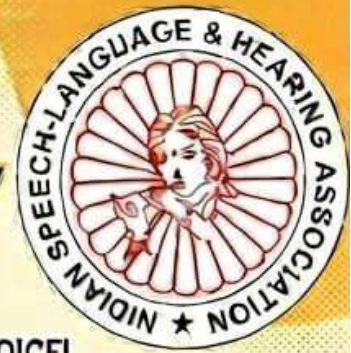


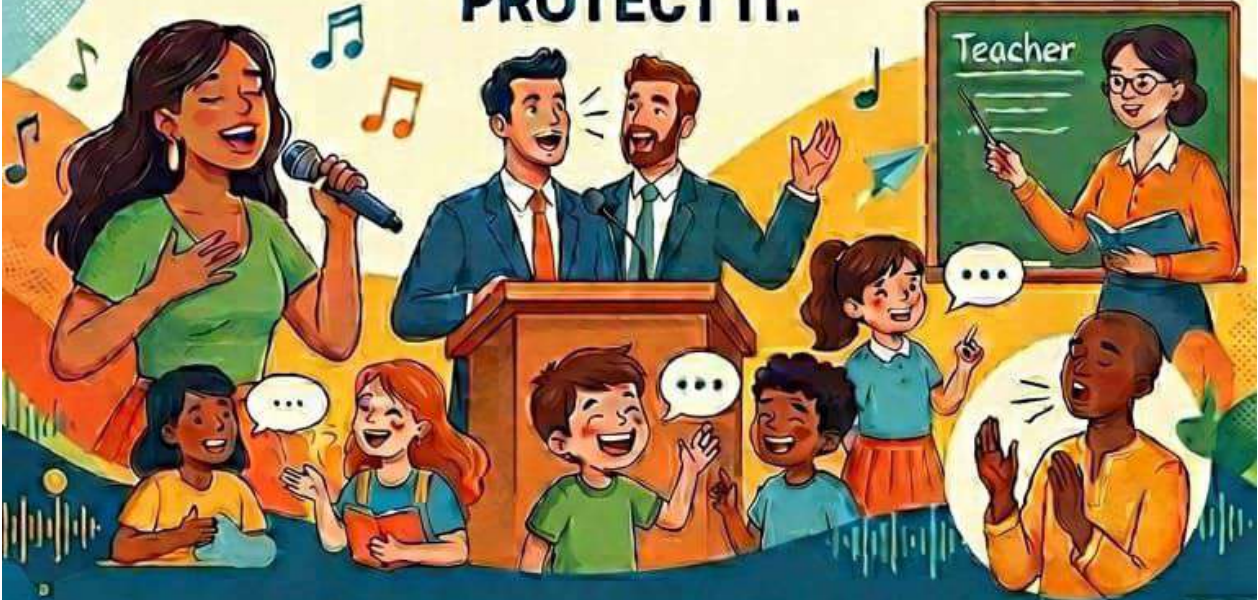
# WORLD VOICE DAY

APRIL 16

CELEBRATE THE PRECIOUS GIFT OF YOUR VOICE!



## YOUR VOICE MATTERS! PROTECT IT.



### 1. CARE FOR YOUR VOICE:

- Hydrate often (drink water)
- Avoid screaming/shouting
- Stop Smoking & Limit Alcohol
- Rest your voice when tired
- Avoid throat clearing constantly



### 2. SIGNS OF A VOICE PROBLEM:

- Persistent Hoarseness
- Vocal Fatigue
- Pitch Changes
- Dryness/Soreness
- Loss of voice



### 3. WHEN TO SEEK HELP:

If a voice problem lasts longer than 2 weeks, see an Otolaryngologist (ENT Specialist) or a **SPEECH-LANGUAGE PATHOLOGIST (SLP)**.



Issued by:  
**INDIAN SPEECH-LANGUAGE  
AND HEARING ASSOCIATION (ISHA)**

Raise Awareness, Value Your Voice!  
#WorldVoiceDay #WVD2024  
#ISHA #CareForYourVoice

# WORLD VOICE DAY

★ April 16 ★

Why does my voice get tired?

How can I take care of my voice?

What causes hoarseness?

Is my voice healthy?

## Empower Your Voice

Why do I lose my voice when I'm sick?

Your voice is your identity. It helps you express, connect, and communicate every day.

What is voice therapy?

Can stress affect my voice?

### Tips for a Healthy Voice:

- 💧 Drink plenty of water
- 🚫 Avoid shouting or straining 📢
- 😊 Rest your voice when needed 😊
- 👃 Practice good breathing 🌬️
- ✅ Seek help if voice problems persist

Consult a Speech-Language Pathologist for Voice Care

Join us in raising awareness about voice health!

Indian Speech Language and Hearing Association  
[www.ishaindia.org.in](http://www.ishaindia.org.in)  
[secretary@ishaindia.org.in](mailto:secretary@ishaindia.org.in)



# WORLD VOICE DAY

APRIL 16

CARE FOR YOUR VOICE

HOARSENESS

VOICE STRAIN

VOCAL FATIGUE

LOSS OF VOICE

THROAT PAIN

CHRONIC COUGH

**CONSULT A SPEECH LANGUAGE PATHOLOGIST**



Indian Speech Language and Hearing Association  
[www.ishaindia.org.in](http://www.ishaindia.org.in)  
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