

COLD AND FLU MANAGEMENT FOR SINGERS

Maintaining good health during the colder months is essential for singers to preserve vocal strength and consistency. Staying healthy not only protects your voice but also ensures you can continue performing and teaching without disruption. Below are strategies for preventing illness and managing symptoms effectively when colds or flu arise.

Prevention

Being proactive about your health can significantly reduce the risk of falling ill:



- **Supplement Intake**: Increase your intake of vitamin C and garlic during the colder six months. Vitamin C must be taken consistently for at least two weeks to be properly stored in the body.
- **Daily Green Shake:** Add half a lemon with the skin on to your green shake each day to naturally boost vitamin C.

- **Avoid Large Indoor Crowds:** This reduces exposure to airborne viruses.
- **Healthy Habits:** Prioritise adequate sleep, nutritious food, and regular exercise to keep your immune system strong.

Cold and Flu Management

At the first sign of a cold or flu, act immediately:



- **Hydration:** Drink plenty of room-temperature water.
- **Immunity Support:** Increase your vitamin C, garlic, and supplement intake. Get plenty of rest.
- **Sore Throat Relief:** Gargle with Betadine or warm salt water, and use medicated throat lozenges (not regular lollies).
- **Natural Remedies:** Brew your own tea using fresh ginger, lemon, and honey to soothe the throat and reduce inflammation.



- **Medications:** Take paracetamol for fever and anti-inflammatories such as Nurofen if your throat is inflamed.
- **Monitor for Infection:** If phlegm becomes grey or green, it may indicate an infection. See a doctor promptly to prevent it progressing to laryngitis, or a chest, throat or sinus infection. You may require antibiotics or a penicillin injection, especially if you are performing or teaching. Untreated secondary infections may last three to four weeks.

When singing or teaching while unwell:

Warm up your voice gently and thoroughly, as it may take longer than usual. Assess how much of your voice (both true voice and falsetto) you can safely use, and stick within that limit. In 98% of cold and flu cases, you can continue singing or teaching if you follow proper care. However, if you develop laryngitis and lose your voice, do not sing or speak—seek medical attention and begin treatment immediately.



Conclusion

Most singers can continue performing or teaching during minor illnesses by following these prevention and management practices. Acting early, supporting your immune system, and respecting your vocal limits will help you stay healthy and productive. In more serious cases like laryngitis, rest and medical treatment are vital to full recovery. Looking after your body means looking after your voice.

If you need further guidance on managing your voice while unwell, or personalised advice to protect and strengthen your vocals, please do not hesitate to reach out to us at Vox Singing Academy. We are here to support your vocal journey. Kindly refer to the links below to get in touch or book a session.

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