Use these tips to sound your best even when you’re sick and stuffy

**HYDRATE:** Drink lots of water, and avoid coffee and alcohol. Acidic foods can make dehydration worse.

**GARGLE WITH SALINE:** Add a teaspoon of hydrogen peroxide per cup of saline if you’re losing your voice. Don’t swallow it!

**DRINK TEA:** Look for blends with slippery elm bark, which soothes the throat. Maybe add some manuka honey.

**FOCUS YOUR RESONANCE:** Aim your voice at the front of your face, not the back of your throat, to sound less sick.

**GET THE PHLEGM OUT:** Clear the mucus from your nose with a neti pot or saline spray to defeat post-nasal drip.

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