

# Laryngitis

## What Is It?

- **Irritation or Infection**- of the voice box, usually heals in a week to 10 days
- Could also be the flu, strep throat or other problems

## Who Causes It?

- Cold or viral infection
- Allergies
- Excessive talking, singing, yelling
- Cigarette SMOKE, smoking
- Acid reflux
- Heavy drinking



## What Are The Symptoms?

- Hoarseness, fever, loss of voice, throat pain, cough, lack of energy the urge to clear your voice

## What Do I Need To Do?

- Rest your voice, do not talk or use your voice
- **Avoid**- Clearing your Throat
- Do not get around smoke, do not smoke
- Humidify areas
- **Increase**- water, fluids, warm beverages
- **Gargle**- with warm water or mouthwash
- **Avoid**- Alcohol

