

# PRIMUM NON NOCERE. ELEMENTARY MEASURES FOR VOCAL HYGIENE

Claudia POP<sup>1</sup>

**Abstract:** *To keep a vocal health, first of all you must know the vocal anatomy and physiology. Then good vocal technique and the elementary vocal hygiene are definitely necessary not to cause any harm to you as a pedagogue or a performer and to the student whom you teach. If distress of the spoken or singing voice occurs you have to see a vocal therapist, a laryngologist, and the recovery should be done under the strict observation of the singing teacher.*

**Key words:** *knowledge, protection, preservation, vocal technique, vocal hygiene, vocal health, vocal therapist.*

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\* Transilvania University of Brasov.