



REGIONAL OFFICE FOR

**World Health
Organization**
Europe



SELF-REHABILITATION AFTER SEVERE COVID-19

Managing problems with your voice

You may have difficulties with your voice after being ventilated (having a breathing tube). If your voice is raspy or weak, it is important to do the following:

- **Keep talking when it is comfortable**
- **Do not strain your voice.**
- **Take rest.**
- **Try humming to yourself** to practise using your voice.
- **Use other ways of communicating**, such as writing, texting or gestures.
- **Sip water** throughout the day to help keep your voice in working condition.

Contact your health-care professional if recovery is too slow or there is a deterioration in your condition.