

USC VOICE CENTER

Communication Tips for Virtual Interactions

Optimize the environment

- Reduce background noise for all participants.
- Use a headset or headphones.
- Make your full face visible.
- Adjust lighting to avoid shadows.
- Use a simple background to minimize distraction.
- Make sure you have a stable internet connection.
 - Wired connection is always preferred over WIFI to reduce latency/lag.

Vocal Health

- Budget your vocal dose
 - Take short vocal naps during the day.
 - Monitor your vocal loudness by:
 - Reducing background noise
 - Using audio technology that picks up your voice clearly & can offer simultaneous feedback of your own voice
- Warm-up your voice before voice demands:
 - You can use your individualized vocal warm-up routine developed in voice therapy with your clinician. If you don't have one, gentle humming for a few minutes could help.
- Stay well hydrated
 - Sip water throughout the day.
 - Utilize surface hydration strategies if you feel dry or vocally fatigued such as steaming, nebulized saline, using a humidifier or using non-mentholated lozenges.

Safe Listening

- Monitor output/volume level (Be careful. If you are turning up the volume to block out background noise, this can be dangerous.)
- Take listening breaks.
- Seek earbuds and/or headphones that fit your ear comfortably and minimize background noise.

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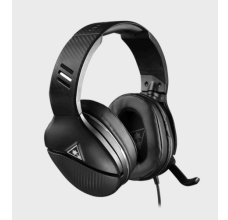
Technology Tips for Virtual Interactions

Preferred devices should include:

- Background Noise suppression
- Live monitoring of the microphone for the voice and independent volume controls

Headset

- Example: Turtle Beach Recon 200 (\$60)
- All-in-one portable solution: headphones + microphone
 - Good background noise cancellation with live feedback of the voice and independent volume controls.
 - Best option if a quiet room is not available for interactions.
 - Available online at: www.turtlebeach.com, [amazon](http://amazon.com) or [BestBuy](http://BestBuy.com).



USB microphone

- Example 1: Blue Yeti USB microphone (\$100)
 - Significantly improved sound quality.
 - Best suited for podcasters/voice actors or recording artists.
 - Available online at: www.bluedesigns.com or [amazon](http://amazon.com).
- Example 2: Samson Go Mic Portable USB Condenser Microphone (\$40)
 - Small, portable/affordable solution. However, not the best sound quality.
 - Does not provide independent volume control of voice feedback.
 - Best suited for meetings and virtual communications on the go.
 - Available online at: www.samsontech.com or [BestBuy](http://BestBuy.com).
- A USB microphone will require for you to be in a quiet room for best results.
- Not an all-in-one solution: You will need to purchase headphones independently with this option or use your own headphones connected to this microphone.



External audio interface connected to your computer via USB

- Example: Scarlet solo studio 3rd generation (\$220)
- Preferred option for virtual voice lessons or voice therapy sessions, recording artists and individuals seeking for the best quality of sound in their work from home set-up.
- Provides the flexibility to connect an instrument at the same time.
- Includes a condenser microphone and separate headphones
- NOTE: You will need to purchase a [microphone stand](#) for this option.
 - Available online at www.store.focusrite.com or [guitar center](http://guitarcenter.com).



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