



## What is it?

- **Cough**- is a reflex that protects your breathing passages, also includes your lungs, from secretions that can clog the lungs and hinder the intake of oxygen;
  - a natural reflex to lung irritation that rids the lungs of mucus or secretions
  - **Dry or Unproductive Cough**- especially irritating at night, a cough suppressant will provide a restful night with relief
- **Coughing**- may be an important signal to more serious health problems

## Signs and Symptoms:

- **Dry Cough**- suck on medicated throat lozenges or hard candy
- **Cough with thick Phlegm**- use over the counter syrups or expectorants to help you cough and spit up the material, drink plenty of fluids
- **Dry Irritating Cough**- ask your physician or health care provider about a suppressant with codeine

## Recommendations:

- **Notify Physician**- if a persistent cough lasts more than 10 days; pneumonia causes thick, foul-smelling rusty greenish phlegm
  - **Chest Pain**- when you breathe
- **Avoid** –Cigarette Smoke, stop smoking and avoid second hand smoke
  - **Stop Smoking**- talk with your health care provider about an alternative to smoking



## What can I do?

- **See your Health Care Provider**- if you cough up blood
  - **Medicine**- with codeine is often recommended but causes constipation nausea and vomiting in some people
- **See a Registered Dietitian**- for help as needed
- **See FFF RD**- on line for help

