What to know...what to do:

- Cough is caused by an irritation or infection in the lung or bronchial tubes.
- You have a cough and may have a wheezing sound when you breathe.
- Almost all coughs are caused by viruses. **Antibiotics won’t help you get better faster!**
- **Don’t smoke!** Drink plenty of fluids, rest and avoid dust or fumes.
- Take over the counter cough remedies. Antitussives are cough suppressants. They relieve your cough by blocking the cough reflex. Expectorants thin mucus making it easier to clear your airway.
- Use a humidifier at night to increased moisture in the air while you sleep. The Welty Center is happy to have you stay and use a humidifier!
- Wash your hands often and cover your cough to reduce the spread of the virus!
- Cough medication is often combined with decongestants, antihistamines and or pain relievers. **Be careful to know what you are taking!!**

Visit the Welty Health Center if...

- If you wheeze or cough for more than one week
- If you cough up blood.
- If you develop a fever over 100 degrees.
- Check with your physician or nurse if you are taking other medication prior to taking OTC cough remedies.

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