

# Cough

- A cough is most often caused by viruses in adults.
- Coughs may be present with other symptoms of a respiratory tract infection (Common Cold) such as fever, sore throat, and nasal congestion.
- Coughs due to a virus are self-limited with symptoms usually lasting 7-14 days.
- Some coughs may last 3-4 weeks.
- Self-limited infections can be treated without seeing a medical provider.



## SYMPTOMS:

- Cough that may produce mucus (mucus may be clear, white, yellowish-gray or green)
- Other symptoms of the Common Cold (including nasal congestion, runny nose, sore throat)
- Fatigue

## SELF-CARE MEASURES:

- Rest
- Drink plenty of non-alcoholic fluids
- Avoid cigarette smoke
- Use a humidifier
- Use over-the-counter cough medication containing Dextromethorphan and/or Guaifenesin
  - NOTE: Over-the-counter cough medication

## LIMIT SPREAD TO OTHERS:

- Cover your cough using the crook of your elbow
- Wash your hands frequently
- ~~ADJACENT PROVIDER~~

- Cough lasts more than three weeks
- Cough prevents you from sleeping
- Chest pain
- Cough produces blood (more than streaks in the mucus)
- For wheezing or shortness of breath
- Fever (greater than 101 degrees Fahrenheit) with significant cough for over 72 hours