



## HSE ALERT # 158

# COUGH

Cough is a rapid expulsion of air from the lungs typically in order to clear the lung airways of fluids, phlegm, or material. There are about 48 types of cough.



### Symptoms:

- At first, there may only be a runny nose, mild cough, and low-grade fever.
- Coughs that routinely worsen when one goes to certain locations or does certain activities.
- Following are the general symptoms of cough.
  - Excessive spittle
  - Chills
  - Wheezing
  - Unclear voice
  - Chest pain
  - Shortness of breath.

### Causes:

- Allergies and asthma.
- Lung infections such as pneumonia or acute bronchitis.
- Cigarette smoking.
- Exposure to air pollutants.

### Precautions:

- Use a vaporizer or take a steamy shower. Both these things increase the moisture in the air and can help soothe a dry throat.
- Drink plenty of fluids. Liquids help thin the mucus in the throat and make it easier to cough it up.
- Avoid smoking and stand away from the smokers while they smoke.
- If you have seasonal allergies like hay fever, stay indoors during days when airborne allergens are high.
- Contact a doctor in case of a serious condition.