Cough

Coughing helps clear mucus or other material from the airway (*respiratory tract*). A cough can also be a sign of an illness or medical problem. Coughing may be caused by:

- Respiratory infections (cold, flu).
- Mucus from the nose dripping down into the airway (*post-nasal drip*).
- Allergies.
- Asthma.
- Breathing in smoke or fumes.
- Exercise.
- Acid backing up from the stomach (*acid reflux*).
- Habit.
- Reaction to medicines.

HOME CARE

- Take medicine as told by your doctor.
- Stay away from anything that causes coughing at school, work, or home.
- Stay away from smoke.
- Use a humidifier to moisten the air in your room.

GET HELP RIGHT AWAY IF:

- You or your child has trouble breathing.
- You or your child has a temperature by mouth above 102° F (38.9° C), not controlled by medicine.
- Your baby is older than 3 months with a rectal temperature of 102º F (38.9º C) or higher.
- **Your baby is 3 months old or younger with a rectal temperature of 100.4º F (38º C) or higher.**
- There is very bad chest pain.
- You or your child starts to have a high-pitched whistling sound when breathing in or out (*wheezing*).
- The cough has not improved after 3 weeks.
- There are new problems.

MAKE SURE YOU:

- Understand these instructions.
- Will watch this condition.
- Will get help right away if you or your child is not doing well or gets worse.

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