

CORONAVIRUS (COVID-19): Cough

Cough is a common symptom of many medical conditions, including a cold, flu, and Coronavirus, also known as COVID-19. There are many steps you can take to treat your cough at home:

- Stay hydrated by drinking plenty of water and fluids.
- Use pillows at night to elevate your head for a dry cough.
- Take cough drops to soothe your throat.
- Use a cool mist humidifier with water only.

If you have kidney disease or are on a fluid restriction, talk to your doctor before drinking extra fluids.

Avoid the following irritants, which can make your cough worse:

- Cigarettes, cigars, and other tobacco products
- Vaping pens and other e-cigarette products
- Smoke
- Dust and pet dander
- Scented candles, sprays, or perfumes

Cough medications may help your cough. There are two kinds of cough medicines available. Expectorants help thin mucus and make it easier to cough up if you have mucus in your lungs. Use medications containing guaifenesin, such as Robitussin, Mucinex, and Vicks 44E.

Suppressants control or suppress the cough and work best for a dry, hacking cough that keeps you awake. Use cough suppressants such as Delsym, Mucinex DM, or Robitussin wisely. If you have a wet cough with mucus or phlegm, don't suppress the cough too much unless it is keeping you from getting rest.

Coughing is useful because it brings up mucus from the lungs and helps prevent bacterial infections. People with asthma and other lung diseases need to cough. If you have a chronic condition that can cause cough such as asthma, COPD, or congestive heart failure, make sure to follow your treatment plan.

If you develop shortness of breath or other concerning symptoms, visit kp.org/getcare or call the advice number located on your Member ID card.

Remember, PLEASE DO NOT WALK IN TO ANY MEDICAL FACILITY WITHOUT SPEAKING TO A MEDICAL PROFESSIONAL FIRST to avoid putting you, your loved ones, or others around you at risk.