

Cough



Coughing is the body's way of protecting the lungs. It gets rid of things that hurt them. This is normal and important.



Some illnesses can leave you with a dry cough. This is because your lungs have been hurt. This should go away as you get better.

After COVID you may have a cough and it can be frustrating.



A dry cough is one of the most common COVID symptoms. However some people may have a wet cough with thick mucus.

It can be difficult to control your cough but there are things you can do to help.

Ways to help a dry cough



- keep yourself hydrated by drinking water
- soothe your throat by drinking a warm drink, like honey and lemon



- take small sips of liquid if you feel yourself starting to cough
- suck a sugary sweet if you feel yourself starting to cough



- try swallowing all the time if you do not have a drink
- blow your nose if you have a runny nose. Try not to sniff



You can put pillows under your chest or pelvis to ease breathing if you cough when you go to bed. Only use this position if you feel comfortable and it helps your breathing.



Avoid things that make you cough, like:

- smoking
- smoky areas
- air fresheners
- strong smelling candles
- strong perfumes or deodorants



Ways to help a wet cough with phlegm



- drink water to stay hydrated
- breathe in steam
- try lying on either side as flat as you can



- try moving around
- try breathing control techniques if you move to an area with a different temperature



- try to breathe in through your nose – breathing in through your mouth can make you cough more.



Speak to your GP if:

- your cough is not going away
- you are waking up at night coughing
- your cough is changing. You start coughing up blood or dirty phlegm
- being out of breath is not getting better
- you are worried about your symptoms.

