KINDS OF COUGHS:
Productive—Brings up phlegm or mucous.
Non-productive—Dry cough.
Reflex—Reaction from a problem elsewhere, such as the stomach or the ear.

CAUSES:
- Infections, such as colds, the flu, and bronchitis
- Asthma
- Allergies
- Dry air
- Tobacco or smoke
- Acid reflux
- Obstruction in the airway
- Medical conditions, such as tuberculosis

With coughing, do you have any of the signs of an allergic reaction:
- A hard time swallowing or breathing
- Severe swelling of the face or body parts
- Obstructed airway
- Wheezing
- Dizziness, weakness

Self Care For Dry Coughs: Drink liquids to soothe the irritation. Suck on cough drops or hard candy. Take an over-the-counter cough medicine that contains dextromethorphan.

For Productive Coughs—Drink plenty of liquids to loosen the mucous. Use an air vaporizer in your room. Let steam from a hot shower thin mucous. Use an over-the-counter cough medicine/expectorant containing guaifenesin.

With a cough, do you have any of these problems:
- An itchy, red splotchy rash
- A fever of 102°F or higher
- Your chest hurts only when you cough
- You cough up green, yellow, or bloody-colored mucous
- You lose weight for no reason, feel tired, or have night sweats.

Does your cough last for more than 3 weeks?