

# Cough

## EMERGENCY: CALL **911** IF

- You have trouble breathing.
- You have chest pain.



## When to seek **professional** help

- Your temperature is very high and is not going down despite taking medication.
- You have been coughing for several days despite at-home care.
- You have spots on your skin and an unusual cough that sounds like barking.
- You are coughing up blood.
- You have pain when you cough.
- You are tired or weak.

### How to get **help**

- 24/7, dial **811**
- Call your pharmacist
- Call your clinic to make an appointment
- If you do not have a doctor, dial **811** *option 3*
- Find an appointment on [rvsq.gouv.qc.ca](https://rvsq.gouv.qc.ca)

This booklet is not intended to replace the advice of a medical professional, nor is it intended to be a substitute for medical care.

All content available on [sante.quebec](https://sante.quebec)

Coughing is a reflex and the body's way of clearing irritants or congestion.

## What to do at home



**Rest:** Rest as much as possible.



**Hydration:** Drink plenty of water, herbal tea or broth.



**Nose:** If congested, do a nasal rinse. Use a saltwater solution purchased from the pharmacy or a homemade solution: 4 cups of water, 2 teaspoons of salt and  $\frac{1}{2}$  teaspoon of baking soda.



**Medication:** Speak to your pharmacist to make sure you are buying the products that are right for you.



**Elevate:** Sleep with your head slightly elevated.



**Distance:** To reduce the risk of making others sick, keep your distance or wear a mask.