

## Cough:

Coughing is a healthy reflex that helps clear the airways. A severe or lingering cough requires medical treatment, but many coughs are caused by viruses that just need to run their course.

### What to do to:

- If your child develops a “barky” or “croupy” cough, sit in a steamy bathroom with the child for 20 minutes.
- Offer plenty of fluids (breast milk or formula for babies; cool water and juice for older kids). Avoid carbonated or citrus drinks that may irritate a raw throat.
- Run a cool-mist humidifier in your child’s bedroom.
- Use saline (saltwater) nose drops to relieve congestion.
- Never give cough drops (a choking hazard) to young kids or cough or cold medicine to kids under 2 years of age.

### Call your pediatrician if your child:

- Has severe cough spasms or attacks , wheezing, or stridor(an almost-musical sound when inhaling)
- Has a cough that lasts 3 weeks, gets worse, happens the same time every year, or seems caused by something specific, such as pollen, dust, pets...
- Has a persistent fever.
- Is younger than 3 months old has fever with the cough.
- Is breathing fast or working hard to breathe.
- Has a blue or dusky color in the lips, face, or tongue during or after coughing.

### Think prevention:

- Follow the doctor’s treatment plan if your child has asthma or allergies.
- Avoid anyone who smokes or has a cold.
- Make sure your child gets the diphtheria-tetanus-pertussis (DTaP) vaccine, pneumococcal vaccine or combination booster (Tdap).
- Wash hands well and often.

For any questions or clarification please call your pediatrician or pediatric clinic at the extension: 6000-6004



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