



## COUGH

### Background:

- Cough is a common reason for children to see their doctor
- Cough helps protect and clear the airways of the lung and throat of secretions

### Types of Cough:

#### Acute:

- Cough lasts less than 4 weeks
- Usually the cough is due to a respiratory infection – most commonly a virus.
  - Therefore most children do not require an antibiotic

#### Chronic:

- Cough lasts more than 4 weeks
- Many different causes and your doctor will help sort this out
- Possibilities include:
  - Asthma
  - Allergies
  - Sinus Infection
  - Foreign Body
  - Bronchitis or Pneumonia

### Important Clues to Determining the Cause:

- Timing of the cough: day, night, with exercise
- Type of cough: dry, wet (mucus present), barky, whooping nature

### Treatment:

- Because the cough is protective, cough medicines are not usually recommended.
- Cough medicines can be dangerous in children under 2 years of age.
- Treatment is directed towards the cause of the cough.

If you have questions about your medications or symptoms  
contact our office.