

Tips for Managing Cough

Things you can do on your own



- Stay hydrated by drinking plenty of fluids, at least 6-8 cups of fluids daily
- Try relaxation techniques and breathing exercises to control your breath
- Avoid smoking or smoky environments

See the Other Resources page for more information

With over-the-counter medications



- You can try one of these to help with your cough. You can buy these medications at your local pharmacy. Take them as directed on the package.
 - Decongestants and cough suppressants
 - Cough drops

REMINDER - Always keep your care team updated about over-the-counter medicines you are taking. If your care team tells you they are not safe for you, do not take them.

With the help of your care team



- Antibiotics may be prescribed by your care team to treat your cough
- Your care team may prescribe steroids to help you breathe easier
- Your care team may suggest using an oxygen machine during the day or at night

When to call your care team for help



- If you develop a fever of 100.5°F (38°C) or higher
- If you feel extremely short of breath
- If you have chest pain with your cough
- If you have blood when you cough
- If you have mucous when you cough that is very thick, or has a green-yellow color
- If you are on chemotherapy and have a dry cough and lingering shortness of breath, as this might be a sign of inflammation in your lungs from the treatment

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Additional information on Cough



- [Click here](#) to learn about symptoms of radiation pneumonitis