

Important information about cough

Visual guide



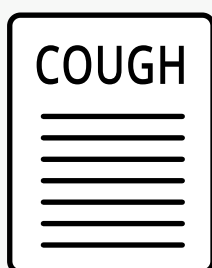
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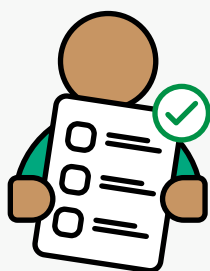
About this fact sheet



This fact sheet is from The Royal Children's Hospital Melbourne.



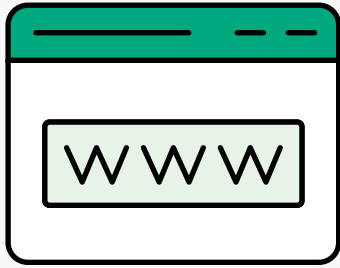
A health professional wrote this fact sheet to tell you about coughs.



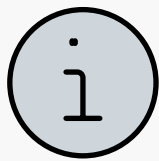
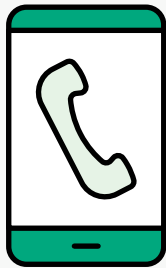
This fact sheet is a visual guide summary.



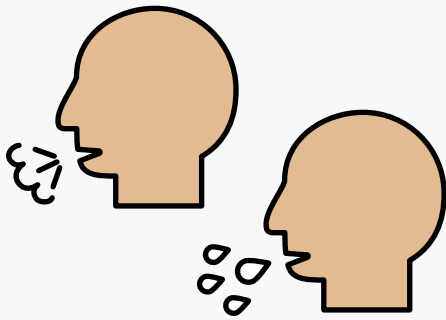
Summary means it only includes the most important facts.



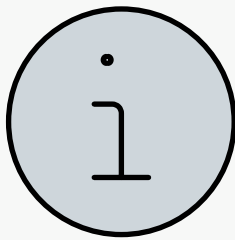
You can read the full version of this fact sheet on [The Royal Children's Hospital](#) website.



You can find contact information for the hospital on [page 18](#) at the end of this fact sheet.

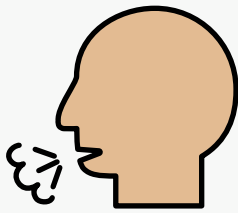


This fact sheet tells you about the different types of coughs and what they might mean.

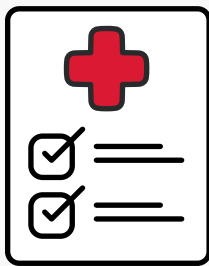


This fact sheet tells you when you might need to get help and how to get help.

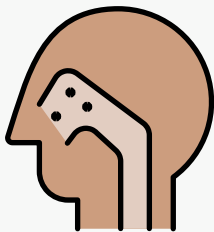
About cough



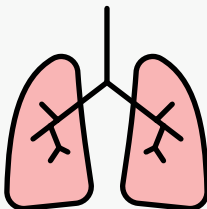
A cough is a way that your body clears the lungs and airways, like your throat.



A cough can be a symptom. Symptoms are things you feel in your body.



A cough is usually a symptom of a sickness that affects the respiratory system.

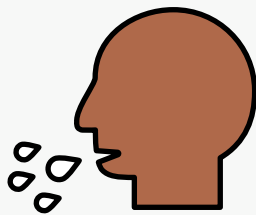


The respiratory system is the part of your body that helps you breathe.

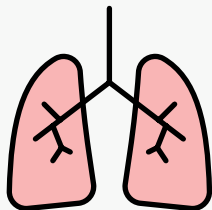
The different types of coughs



Different types of coughs can mean different things.



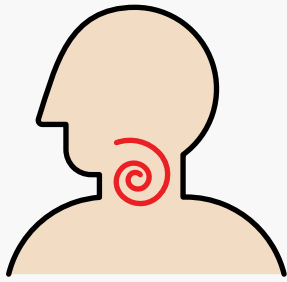
A wet cough is when it sounds like something needs to get coughed up.



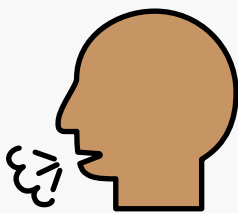
A wet cough can mean mucous gets coughed up from the airways.



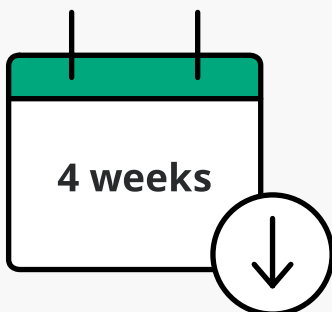
If your child has a wet cough for more than 4 weeks, you should take them to a doctor.



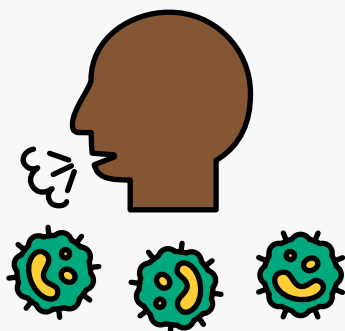
A dry cough does not sound like there is something in the chest. It can feel like a tickle or a scratch in the throat.



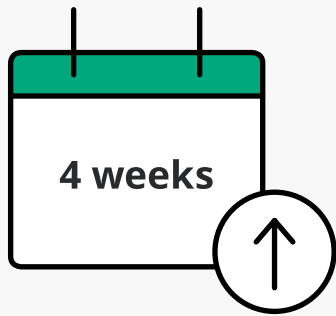
Sometimes children can have a dry cough after they recover from a virus or other illness.



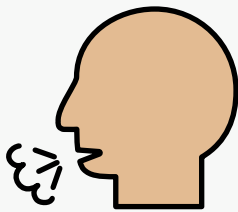
A short-term cough is a cough that lasts for less than 4 weeks.



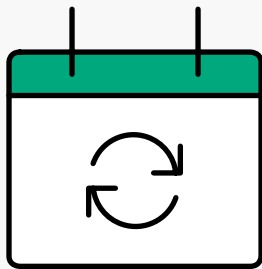
A short-term cough can happen while you have a virus.



A long-term cough is a cough that lasts for more than 4 weeks.

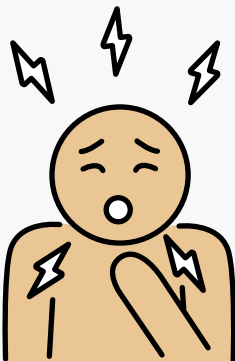


A long-term cough can happen after you have a virus or if you have a chronic condition.



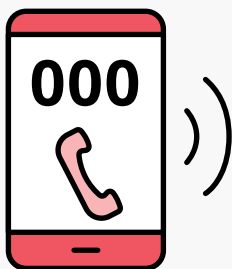
A chronic condition is a condition, like an illness, that lasts for a long time.

When you should call an ambulance



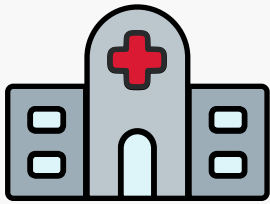
You should call an ambulance to take your child to hospital if your child:

- has trouble breathing
- turns a blue colour or looks very pale
- is drowsy or does not respond when you talk to them
- is choking.



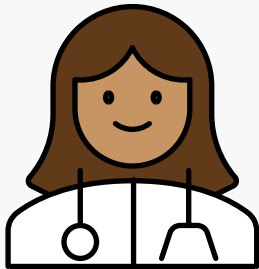
To get an ambulance, call Triple Zero, 000.

When you should take your child to hospital



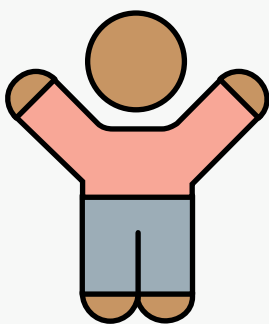
You can take your child to hospital yourself if your child has a history of choking on things before they got the cough. For example, if they have often choked on food in the past.

When you should take your child to a doctor

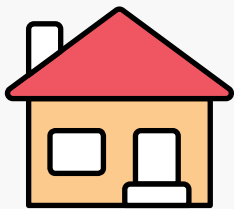


You should take your child to a doctor or other health professional if:

- the treatment you give your child does not make them better
- your child looks very sick or does not have any energy
- the cough has lasted for more than 4 weeks
- your child is having trouble doing regular things because of the cough, like sleeping
- the cough is getting worse or not getting better.



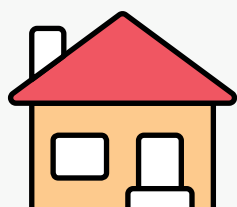
When you can take care of your child at home



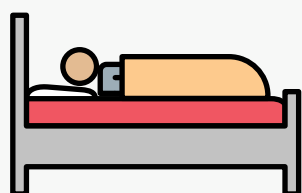
You can take care of your child at home if:

- the cough is not making them distressed
- they do not have any other symptoms.

How to take care of your child at home

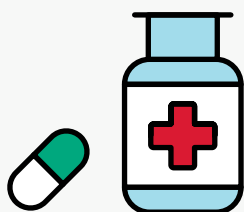


You can look after your child at home if the cough does not stop them from doing regular things.



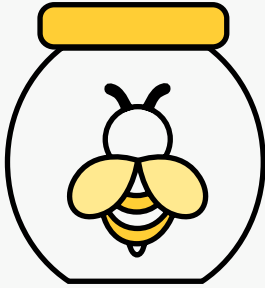
You should make sure your child:

- gets enough rest and drinks enough water
- does not breathe anything in the air, like smoke.

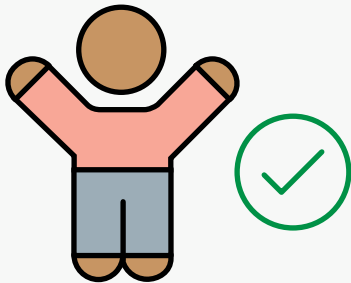


You do not need to give your child cough medicine or antibiotics unless a doctor has prescribed them.

Giving your child honey to help a cough



Sometimes, honey can soothe the throat and help a cough feel better.



If your child is over 12 months old, you can give them honey to help their cough.

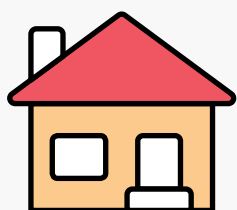


You can give them 1 to 2 teaspoons of honey 30 minutes before they go to bed.

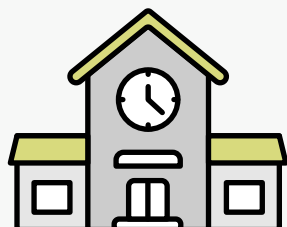


Do not give your child honey if they are younger than 12 months old.

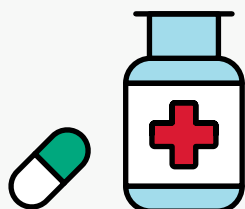
Other information about cough



If your child is sick with other symptoms, like a high temperature or runny nose, you should keep them home from school.

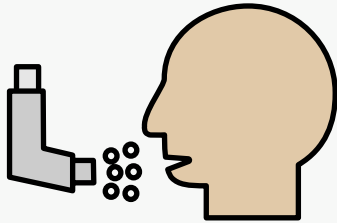


If they do not have any other symptoms apart from a cough, they can go to school.

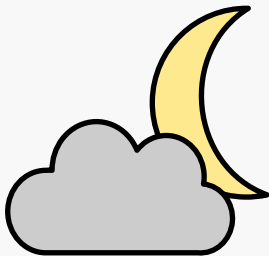


You do not need to give your child any pain medicine like paracetamol or ibuprofen if they have a cough with no other symptoms.

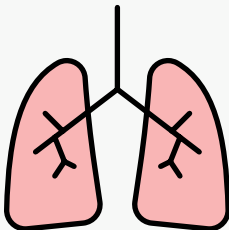
If you think your child might have asthma



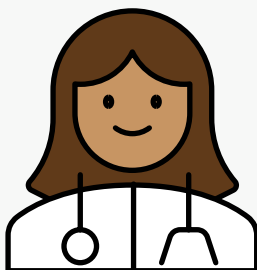
Your child might have asthma if they have a cough and other symptoms like having trouble breathing, and allergies.



The cough that a person gets from asthma is normally worse at night.

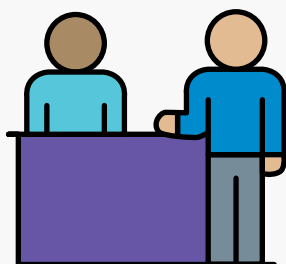


Asthma is a problem with the lungs, which makes it hard for a person to breathe.



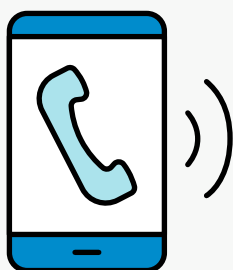
If you think your child might have asthma, you should talk to a doctor.

Contact information



Visit the hospital

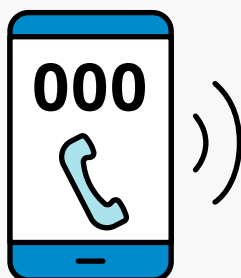
50 Flemington Road
Parkville, Victoria



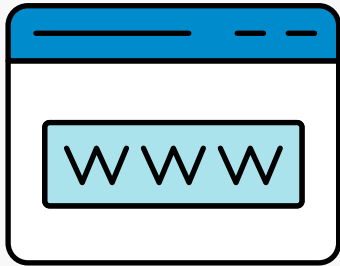
Call the hospital

+61 3 9345 5522

Do not call the hospital if it is an emergency.

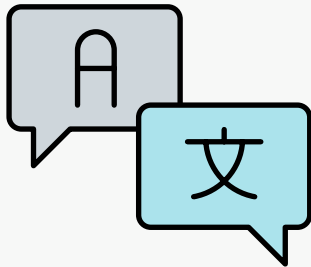


If it is an emergency, you must
call Triple Zero, 000



Visit the website

Go to [The Royal Children's Hospital website](#)



Use the Translating and Interpreting Service (TIS)

Call 131 450 and ask to speak to The Royal Children's Hospital on +61 3 9345 5522



Use the National Relay Service (NRS)

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