

# COUGH CONTROL TECHNIQUE

Controlling your cough will enable you to effectively raise mucus without becoming extremely short of breath.

1. If possible, drink something warm before trying to cough. This will help to loosen and thin mucus a bit.
2. In a seated position, bend forward slightly with feet on the ground.
3. Inhale deeply, hold your breath for 2-3 seconds, and then give 2-3 sharp coughs with your mouth open---you want to try to make a “huff” sound when you cough. Blow gently through pursed-lips after your last cough and then gently breathe in slowly through your nose.
4. You may have to repeat this several times before mucus will be raised. Be patient. Take rest periods as needed and drink more warm liquids.
5. When you do bring up mucus, if possible, cough it into a tissue and check the color. Remember, the normal color of mucus is clear or white. If you have an infection, the mucus may be yellow, green, brown or reddish in color. It is important to be able to give this information to your doctor when you call.
6. If you cannot cough out the mucus and you swallow it, do not worry. It will not go back down into your lungs; it will go to your stomach,

**If you are bringing up colored mucus, whether you have a fever or not, contact your physician immediately. DO NOT WAIT!!! Waiting “a day or two to see how you feel” only increases your chances of an even more serious lung infection. DO NOT TAKE THE RISK—CALL!!!!**