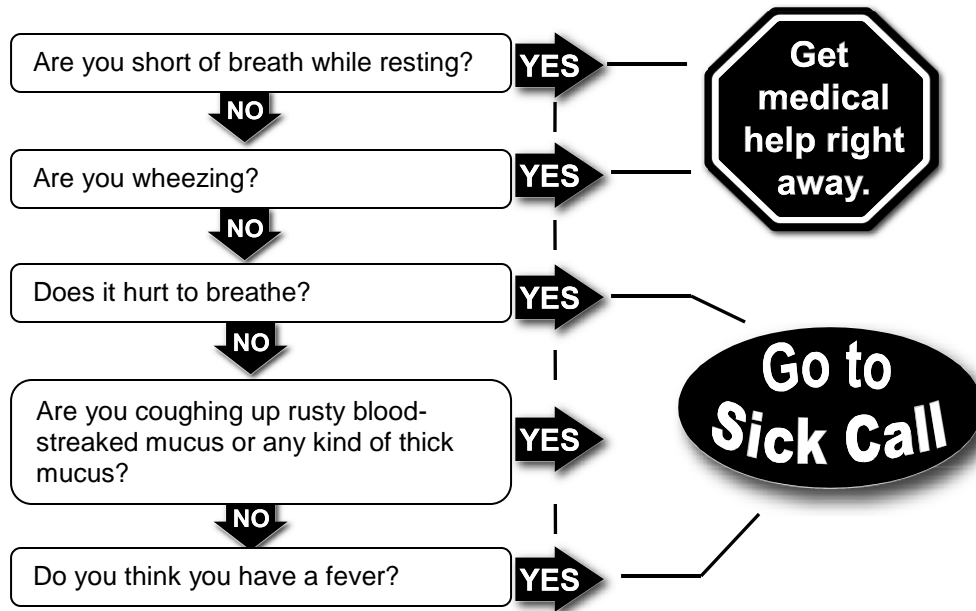


These instructions are to be used as part of the Self-care Program. The following diagram can help you decide if your ailment is minor enough to be treated with Self-care measures without seeing a healthcare provider. This information is not for clinical use.

1. Start at the top of the diagram.
2. Answer each symptom evaluation question in order by following the appropriate YES or NO arrow.
3. If you answer NO to all questions it is probably appropriate for you to use self-care measures.
4. You are the best judge of your own health. If you are having trouble performing your duties or have a symptom that is not listed, see a healthcare provider.

## Self-care Instructions for a Cough

A cough is the way the body reacts to something in the throat, nose, or lungs. Coughs can be dry and hacking – these are called dry coughs. Coughs can bring up mucus – these are called productive coughs. Coughs are usually caused by colds or flu, smoking, or allergies. If you have a cough, use this symptom evaluation chart.



Use self-care measures:

- Avoid smoking or smoke-filled areas.
- Drink more fluids to make the mucus easier to cough up. A hot shower can also help.
- If you are coughing up mucus, use an over-the-counter expectorant cough medicine as directed.
- If your cough is dry, try an over-the-counter cough suppressant as directed.
- Use cough drops or hard candy to decrease the tickle in your throat.

**Go to sick call if the cough lasts longer than 2 weeks. Follow the chart if you get any of the symptoms listed.**