

# 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.



## With over-the-counter medications

### Ask your care team if you can take over-the-counter (OTC) medications.

- OTC medications can help with your cough. You can buy these cough medications at your local drugstore. Take them as directed on the package. Examples include:
  - Decongestants and cough suppressants
  - Cough drops



## With the help of your care team

### Ask your care team about prescription medications and treatments for cough. Examples include:

- Antibiotics
- Steroids
- An oxygen machine



## When to call your care team for help

- If you develop a fever of 100.4°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 mucus when you cough that is very thick, or has a green-yellow color
- If you are on cancer treatment and have a dry cough and lingering shortness of breath, as this might be a sign of inflammation in your lungs from the treatment



For more information and support, visit the American Cancer Society website at [cancer.org/sideeffects](https://cancer.org/sideeffects) or call us at **1-800-227-2345**. We're here when you need us.