

What to know and when to get help

What seems like a minor cough now, can quickly develop into a serious health risk. Please reference the guidelines below to track the severity of your condition.



Manage your symptoms by:

- Drinking plenty of fluids
- Refraining from exercise
- Taking over-the-counter pain relievers
- Using expectorants (guaifenesin)
- Using cough suppressants (dextromethorphan)



Contact your doctor if you have:

If you cannot reach your doctor in 24 hours, please visit a walk-in clinic.

- Fever 101°F (38°C) or higher
- Cough or sore throat not improving after 3-5 days
- Coughing up yellow or green sputum
- Sore throat and skin rash
- Red or enlarged tonsils or white mucus in back of throat
- Close contact with someone with strep throat in past 2 weeks



Go to the ER or dial 911 if you have:

- Difficulty breathing or swallowing
- Fever over 104F (40C)
- Redness and swelling in cheek, forehead or eyelid
- Coughing up blood

*If you are experiencing a life-threatening emergency, go directly to the ER or dial 911.