

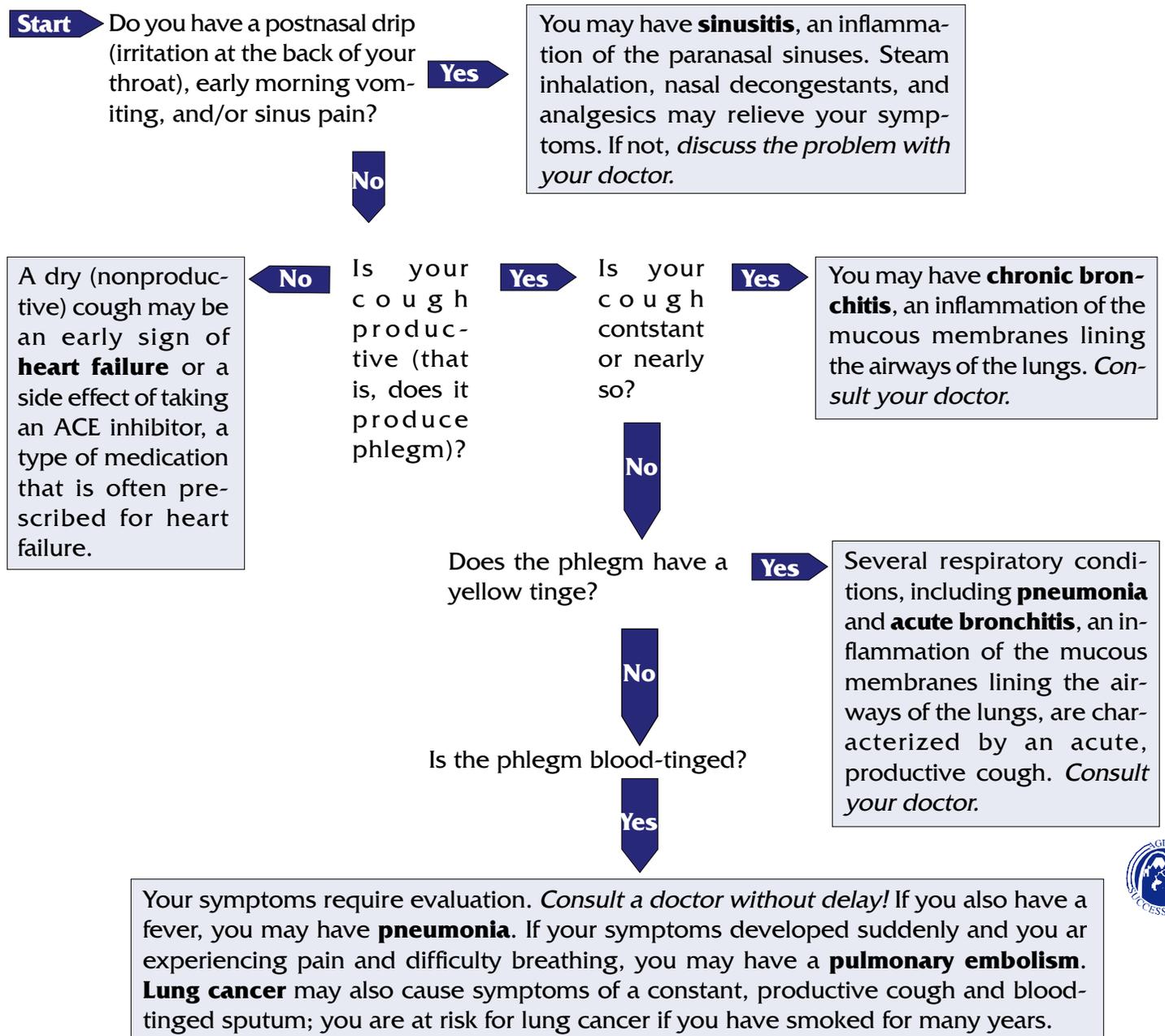
# Guide to Cough Symptoms

**Note: This information is not intended to replace the services of your health care provider. Always consult your provider immediately if you are concerned about your cough and follow his or her instructions.**

## Cough

### What is it?

A noisy expulsion of air from the lungs. Coughing is one of the protective mechanisms the body uses to rid itself of substances within the respiratory system. A cough may be “productive” (that is, it produces sputum [phlegm]) or “dry.”



***If you are unable to diagnose your symptoms using this chart and/or your cough persists for more than 4 days or worsens, consult your doctor without delay!***