Chest Cold Warning Signs and Cough Tracker

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1. Call emergency services now if someone

[ ] Is struggling to breathe, gasping, choking or cannot finish a sentence

[ ] Has lips or skin turning pale, blue or grey

[ ] Suddenly becomes confused, or is a baby who is floppy or hard to wake

2. See a doctor promptly if

[ ] Short of breath, or chest pain when breathing or coughing [ ] Blood or blood-stained mucus

[ ] Fever over 5 days, or 104°F (40°C) or higher [ ] Cough over 3 weeks, or repeated bronchitis

[ ] Over 65, pregnant, weakened immunity, or diabetes / heart / lung / kidney disease

[ ] Baby under 3 months with a temperature of 100.4°F (38°C) or higher

3. Comfort care age rules

Honey: never under 1 year. Lozenges and cough drops: not under 4 years. Cough and cold medicines: not under 6 years.

Rest, fluids, a clean humidifier or shower steam, and no smoke. Ask a pharmacist before any over-the-counter medicine.

4. 21-day cough tracker (bring it to your doctor)

Cough started on: _____ Day 21 falls on: _____

Day	Date	Cough (better / same / worse)	Mucus color	Fever?	Breathless?
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					
14					
15					
16					
17					
18					
19					
20					
21					

Still coughing on day 21, or breathless on any day? Book a doctor that day. No homeopathic product has been shown to treat bronchitis (Cochrane 2018; NCCIH). This tracker contains no remedies or doses.