

Post COVID syndrome (Long COVID): Persistent cough

Post COVID syndrome or Long COVID is when symptoms from a COVID-19 illness lasts four or more weeks after an infection. These ongoing symptoms can start at any time after infection and last for different lengths of time. You may have some or all the ongoing symptoms, but you are not alone. Your doctor and health care team are here to help you manage those symptoms and get the care that you need. Below are some tips on how to manage your **persistent cough**.

ABOUT	WHAT YOU SHOULD DO AT HOME	WHEN TO CALL FOR HELP
<p>A cough can last for weeks or months after having COVID-19. Coughing is the way the body protects the lungs and gets rid of things that irritates them. Viruses like COVID-19 irritate the lungs and cause a dry cough. In some cases, a cough may occur with a thick mucus (phlegm). It is not clear exactly how long a cough could last; however, this should slowly disappear over time.</p>	<ul style="list-style-type: none"> • Keep yourself hydrated. Drink small sips of water throughout the day. This helps to sooth your throat. If you feel a cough about to happen, take a couple sips of some liquid. • Have warm drinks that include honey and lemon to help sooth your throat. • Use steam inhalers to help add moisture to your throat and nose. Steam from things like the shower can help. Or you can pour hot water in a bowl and put your head over the steam. • When needed, blow your nose instead of sniffing to help keep the nose lining moist. • If your cough has phlegm, try moving around to help move the phlegm • Avoid things that make you cough such as: <ul style="list-style-type: none"> » Smoking or smoky areas » Air fresheners » Strong candle smell » Strong perfume or deodorant smells 	<p>Call your doctor if:</p> <ul style="list-style-type: none"> • Your symptoms do not improve after 3 weeks or becomes more forceful • You cough up blood <p>Call 911 if:</p> <ul style="list-style-type: none"> • you think you are having an emergency such as shortness of breath, breathing challenges, or chest pain

For more information, visit kp.org/doctor.

Disclaimer: This information is subject to change as new information is received daily. This information is current as of September 7, 2021.

HEALTH ENGAGEMENT

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