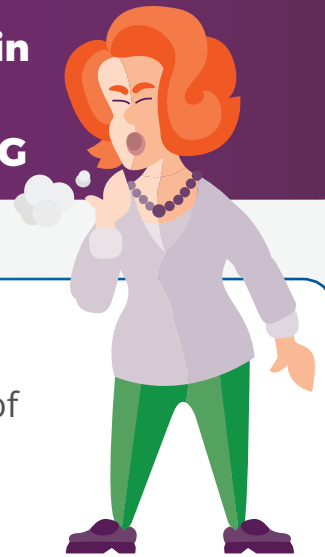


# How To Reduce Irritation That Triggers Coughing

**Cough is triggered when irritation builds to a certain level in your throat and airways**

**REDUCING IRRITATION WILL REDUCE COUGHING**



## How?



### HYDRATE

- ◆ Reduces dryness in the throat
- ◆ Drink at least 1.5 liters (6-8 glasses) of water per day
- ◆ Drink more if exercising, in hot weather or talking a lot

- ◆ Sit and stand with good posture to open your airway (straight neck and back, with chin slightly tucked in)
- ◆ Avoid a posture that puts pressure on your throat and vocal cords (e.g. slouching)
- ◆ Breathe through your nose to warm and moisten the air

### BREATHING



### TALKING

- ◆ Limit harmful voice use (e.g. shouting, screaming)
- ◆ Try not to speak over other noises
- ◆ Do not whisper
- ◆ Use your natural voice
- ◆ Limit coughing and throat-clearing



- ◆ Get plenty of sleep
- ◆ Exercise regularly
- ◆ Limit caffeine drinks to 2 cups / day
- ◆ Do not smoke and avoid smoky environments
- ◆ Limit alcohol consumption
- ◆ Do not use mouthwash containing alcohol

### EVERYDAY

