

Chest Cold

A chest cold is when there is inflammation in your lungs. It commonly follows a viral cold and is almost always caused by a virus.

Common Symptoms

- Coughing up clear, yellow or green mucous
- Fatigue
- Sore throat
- Body aches
- Mild wheezing
- Mild shortness of breath
- Chest congestion

Please note:

- Symptoms will improve over the course of 7-10 days, but a lingering cough may persist for a few weeks.
- Antibiotics are ineffective when taken for most cases of chest cold.
- Inappropriate use of antibiotics can lead to resistance and undesirable side effects.



Recommendations

- Fluids and rest
- Humidifier or warm, moist air
- Dextromethorphan
- Guaifenesin
- Ibuprofen, naproxen or acetaminophen
- Don't smoke
- Inhaler

Other _____



Call your clinic if you experience any of the following:

- Fever higher than 100.4F°
- Increased shortness of breath
- Chest pain
- Coughing up blood
- Barking cough that makes it difficult to talk
- Cough persists more than three weeks