Cough - Acute bronchitis - Chest Cold

Symptoms: Cough that produces mucus, soreness in chest, fatigue, mild headache, mild body aches, low-grade fever, and/or sore throat.

- Most symptoms of acute bronchitis (chest pain, shortness of breath, etc.) last for up to 2 weeks, but the cough can last for up to 8 weeks in some people. Most viral illnesses go away within 7-10 days with rest and simple home remedies.
- Antibiotics will not kill a virus and are not prescribed for this condition.

Cause: Most cases are caused by a virus.

- The bronchial tubes in the lungs become inflamed.
- The bronchial tubes swell and produce mucus, which causes a person to cough. This often occurs after an upper respiratory infection like a cold.

How is it spread? It is spread through the air by coughing and sneezing or by direct contact (contact with the virus and then touching your own eyes, nose or mouth).

How to Treat:

- You may go to class if your temperature is below 100.5°F
- Antibiotics will rarely be needed since bronchitis is almost always caused by a virus.
- Increase fluids such as water, juices and hot teas.
- Rest more!
- Class and Homework first!
- Other activities can wait until you feel better!
- Use a vaporizer or humidifier at night.
- Suck on menthol or eucalyptus hard candies throughout the day.
- Use an expectorant such as Mucinex, Mucinex D or Robitussin DM.
- Ibuprofen or acetaminophen can help with fever and aches.

Call for an Appointment if you develop:

- Fever over 100.5°F
- An increase in Shortness of Breath or hear wheezes when you breath
- Worsening of your symptoms
- No improvement within 7-10 days

Go to the Emergency Room if you develop:

- Difficulty breathing
- Unusual drowsiness or confusion
- Severe headache or severe neck pain