

Understanding Your Cough



Coughing is a natural body reflex to get rid of any irritant or foreign matter that gets into the airway. When something irritates your throat or airway, your nervous system sends a signal to your brain. Your brain reacts by telling the muscles in your chest and abdomen to contract and expel a burst of air, that is why a cough sometimes feels like a sudden explosion of air through your mouth.

There are two main types of coughs, either:



Dry or Tickly cough

also referred to as an unproductive cough without phlegm.



Wet or Chesty cough

also referred to as a productive cough, with phlegm.

Difference between a Dry and Wet Cough

The main difference between a DRY and WET Cough is the amount of mucus production.

Mucus is a normal water secretion lining the airways. When you are healthy, the mucus is usually a thin, transparent, water-like gel. Mucus is required to trap irritants in the airway for the body to expel out.

If you have a common cold from a viral or bacterial infection, the infection can turn the healthy mucus into thickened phlegm that could be yellowish or green in colour.

It is important to know what type of cough you have and treat with the right product. Persistent cough can be a symptom of a more severe health condition, please consult your healthcare professional when in doubt.

For further information, please read product information leaflet. Should symptoms persist, please consult your healthcare professional.

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