



# COUGH

Sudden expulsion of air from lungs, sometimes with phlegm

## RESPIRATORY INFECTION

Coughing is one of the symptoms of a respiratory infection, wherein the respiratory tract is inflamed (usually due to a virus). White mucus being expelled through coughing is indicative of a viral infection. This may be treated at home. However, if the mucus being expelled is colored green or brown, a bacterial infection may be present and help must be sought.

### Symptoms:

- Coughing
- Presence of phlegm
- Fever
- Sore throat

### DO:

- Drink lots of water and juices as well as hot liquids such as soups.
- Try steam inhalation to decongest your nose.
- Try over-the-counter cough medicines or expectorants to expel phlegm.
- Take throat lozenges.

### DON'T:

- Don't suppress the cough if it is expelling the phlegm in your lungs. Coughing will cease as soon as the irritant is removed.

# CUT

Skin has been broken or sliced open

## CAUSES

### INJURY

Cuts occur when a sharp object slices and breaks a layer of skin. Minor cuts have very minimal bleeding and may be treated at home. If the cut is deep and bleeds excessively, emergency help must be sought.

### Symptoms:

- Skin has been broken
- Pain
- Bleeding



*Stop the bleeding by applying pressure on the wound and pressing on it with a clean bandage.*

### DO:

- Wash the cut with cold running water and soap. Remove any foreign materials in the wound, if necessary - with disinfected tweezers.
- Stop the bleeding by applying pressure on the wound. Press down on it with a clean bandage.

### DON'T:

- If the blood has started to clot on top of the wound, do not remove the clot.
- Don't pick on scabs that form on the wound.