

## Proper Coughing Instructions and Techniques

In order to prevent lung infections and help clear your airway, it is important to follow these instructions:

- Drink 6-8 (8oz) glasses of water daily to stay hydrated.
- Take Robitussin® or Mucinex® tablets (without DM) every 4 hours to thin out mucus.
- Run a humidifier at night with the door closed, especially during the winter months. If your windows appear wet, your room is at the right humidity level.
- Sit in the bathroom with a hot shower running. Breathe in steam for 5-10 minutes.

The following techniques should be performed at least twice daily, in the morning and at night:

- Lay on your stomach, across your bed, with your head lower than the mattress edge. Look down at the floor, and perform deep breathing and coughing at least 5 times or more.
- If you have a partner available, have them cup their hand (see Figure A) and clap on your back over your lungs as you are deep breathing and coughing (see Figure B).

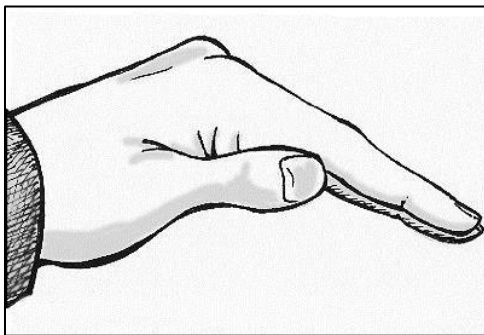


Figure A

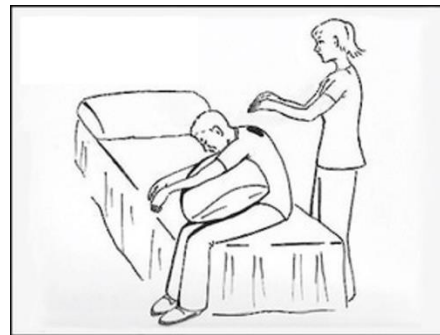


Figure B

**If you are in need of immediate assistance, please call 732-235-2465 and select the option that best meets your needs.**