



Cold weather and coughing

Does being outside in cold weather give you a cough?

The answer is yes, but only if it's very cold, or if you have an existing respiratory condition.

Quite simply, if the temperature is cold enough, anyone can have a cough. Any respiratory condition of the airways usually gets worse at night time, and that's associated with cold, dry air. That's why children with a cough or croup are a little worse at around 2am.

However, there's no need to shut yourself inside every time you have a cough. Sunshine, fresh air and the exercise that often goes with these can help you feel better. Just ensure that you head outside when it's a little warmer.

Wear a scarf and wrap it around the bottom half of your face, covering your nose and mouth. This will keep the air you breathe warm and moist.

Coughing for six to eight weeks after having a cold or other respiratory illness, is not unusual. If you have asthma and your symptoms change, please inform your doctor.

Ask your Chemist for advice.