

# Controlled Cough

## What is it?

It is a way of coughing that helps to loosen and move mucus without making your airways narrow. An effective cough can clear mucus so that it doesn't stay trapped in your lungs. A controlled cough may help save the energy and effort used on repeated weaker coughs.

## How to do it:

1. Fold your arms across your abdomen and breathe in slowly through your nose.
2. Hold the breath for 2-3 seconds.
3. Lean forward as you squeeze your abdomen and cough two (2) times.
4. Gently and slowly "sniff" with your nose to breathe in.
5. Rest
6. Repeat as needed.

## Information:

- Cough into your elbow to prevent the spread of germs.
- The first cough helps to move the mucus while the second helps to clear it.
- Breathing in gently and slowly after a cough helps to keep the mucus from moving back.

