

Cough

If concern for **rhinitis** (nasopharyngeal mucous) or **bronchitis** (tracheal/bronchial mucous):

- Saline nasal rinse BID
- Xylometazoline nasal spray (1-2 sprays per nostril) at bedtime x 5 days (approved for patients ages >2+)
- Acetaminophen and /or Ibuprofen
- Symptoms should resolve in 1-3 weeks
- These presentations are typically viral in etiology; antibiotics not indicated

If concern for **pneumonia** (Temp >38°C, HR >90 bpm at rest, productive cough):

- Consider [same-day CXR and/or UPCC visit](#)
- If focal consolidation visible, prescribe antibiotic and book close follow-up
- **Refer to the ED** for urgent assessment if:
 - Oxygen saturation <90% on RA, significant tachycardia/tachypnea, low blood pressure
 - High risk (i.e. age <3 months, immunosuppressed, on chemotherapy, frail)

If concern for **asthma/COPD/CHF** exacerbation:

- Short of breath +/- wheeze
- **AND** failure of outpatient action plan **OR** abnormal vital signs
- **Refer to the ED** for urgent assessment

Resources

- [Acute Bronchitis Diagnosis](#)
- [Post-infectious cough in adults](#)

