

Can't stop coughing?  
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Broadcast Script

## **INTRO:**

CAN'T STOP COUGHING? IT'S A COMMON QUESTION HAPPENING WITH ALL OF THE UPPER RESPIRATORY ILLNESS GOING AROUND INCLUDING COLDS... FLU AND R-S-V.

## **TAKE VO**

MAYBE TWO WEEKS AGO YOU HAD A VIRUS – TREATED THE SYMPTOMS WITH ANTIBIOTICS – AND YOU'RE FEELING MUCH BETTER... BUT THE COUGH IS JUST LINGERING. DR. JUANBOSCO AYALA (**EYE-YAH-LUH**) IS A PULMONOLOGIST WHO WORKS IN THE I-C-U FOR OSF HEALTHCARE. HE PROVIDES MEDICAL CARE TO PATIENTS ON A DAILY BASIS... ESPECIALLY PEOPLE WHO HAVE BREATHING DISORDERS AND LUNG DISEASE. HE EXPLAINS POTENTIAL REASONS WHY COUGHS LINGER.

## **TAKE SOT**

"A lot of times it's due to the local inflammation that persists. There's not much to do for it, we typically recommend antihistamines, and sometimes you'll have to cycle those. It's usually something that subsides with time. But if it doesn't, then obviously that may need to be looked at."

## **VO TAG**

THE OVER-THE-COUNTER MEDS DR. AYALA IS REFERENCING CAN INCLUDE CLARITIN-D... BENADRYL... ALLEGRA AND MORE. FOR MANY – COLDER TEMPERATURES BRING ON AN UPTICK IN MUCUS IN YOUR THROAT. DR. AYALA SAYS ANOTHER OVER-THE-COUNTER OPTION THAT CAN TREAT YOUR SYMPTOMS... IS MUCINEX.

## **VO/SOT #2**

CAN'T STOP COUGHING? IT'S A COMMON QUESTION HAPPENING WITH ALL OF THE UPPER RESPIRATORY ILLNESS GOING AROUND INCLUDING COLDS... FLU AND R-S-V.

## **TAKE VO**

IF YOUR SYMPTOMS ARE MILD – IT'S IMPORTANT TO STAY AT HOME AND AVOID SPREADING ANY ILLNESS AND OVERRUNNING LOCAL HOSPITALS AND CLINICS. DR. JUANBOSCO AYALA (**EYE-YAH-LUH**) IS A PULMONOLOGIST WHO WORKS IN THE I-C-U FOR OSF HEALTHCARE. HE PROVIDES MEDICAL CARE TO PATIENTS ON A DAILY BASIS... ESPECIALLY PEOPLE WHO HAVE BREATHING DISORDERS AND LUNG DISEASE. HE EXPLAINS WHEN **IS** THE RIGHT TIME TO GET SEEN BY A MEDICAL PROFESSIONAL.

## **TAKE SOT**

“As long as you don’t have some of the red flags, like a persistent fever, high-grade fever that lasts more than one to three days. Something that won’t go away, despite using temporary measures like Tylenol or Motrin. If this persists more than two or three days, this might be something that needs to be looked at.”

VO TAG

RECENTLY – DR. AYALA HAS SEEN AN UPTICK IN COVID-19 PATIENTS IN THE HOSPITAL. IF YOU SUSPECT YOU HAVE COVID BUT HAVE MILD SYMPTOMS – YOU CAN ORDER FREE AT-HOME COVID TESTS FROM COVID-DOT-GOV. TO STAY HEALTHY... MAKE SURE TO WASH YOUR HANDS... COVER YOUR COUGH... AND STAY HOME IF YOU’RE SICK.