

You coughed up what?

Coughing can be normal, but coughing up things like vomit and blood should be looked into quickly

Run time - :43

ANCHOR LEDE

Fall and winter could be renamed “coughing season” with seasonal illnesses in the air.

Some coughing is normal. But you should see a health care provider quickly when you cough up things you shouldn’t.

Tim Ditman of OSF HealthCare has more.

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OSF physician Doctor Aminat Ogun says a cough with thick, colorful mucus, vomit or blood is cause to be seen by a health care provider. For example, coughing up blood can be a sign of a blood clot, tuberculosis, an infection and even cancer or heart failure.

There’s no bonafide way to prevent coughing. But hygiene and vaccines go a long way.

\*\*\*SOT\*\*\*

Dr. Aminat Ogun (ah-ME- not // OH-gun)  
OSF HealthCare

**“What vaccines do is help prevent getting to the very severe stage [of an illness.] You’re trying to prevent ending up in the hospital. You’re also reducing the risk of infection. And you’re protecting people around you who may be sicker than you.” (:16)**

I’m Tim Ditman.

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ANCHOR TAG

Doctor Ogun also says to not ignore one case of coughing up something you shouldn’t. It’s better to be safe than sorry.

How you’re treated depends on what the provider finds. If the cough is associated with pneumonia, you’ll get an antibiotic. If it’s just a tickle in your throat, you may get a steroid like Flonase.