



Symptomatic management of cough in adult patients with COVID -19

This guideline applies to patients in the community or hospital who have mild to moderate symptoms

General advice

- Utilise good cough hygiene
- Wear a mask when someone else is in the room
- Drink plenty of fluids (avoid very cold or icy drinks)
Some examples include:
 - Water at room temperature, warm or hot
 - Tea or coffee
 - Warm water with honey and lemon
- Suck cough lozenges or hard sweets
- Avoid smoking or vaping
- Elevate the head when sleeping (i.e. use a couple of pillows)
- Avoid the use of a humidifier (to reduce droplet spread)
- Unless part of usual care, avoid use of a nebulisers

If cough distressing



Recommend:

pholcodine linctus 1mg/mL
5-15 mL 3-4 times daily (maximum dose 60 mg = 60 mL/day)
Available at community pharmacies



If ineffective or cough extremely distressing



Prescribe and give*:

morphine mixture 1-2.5 mg every 4 hours regularly or 4 hourly prn
OR
morphine slow release tablets 5-10 mg every 12 hours

* This use of morphine for cough is 'off license' and therefore not PBS approved.