

**Children's Health Minute  
"Your Child's Cough"**

**Air Dates: Week of August 27, 2006**

**Dr. Hellerstedt:** Coughs are one of the most frequent symptoms of childhood illness and they can sound awful at times.

Hi, I'm Dr. John Hellerstedt with the Children's Health Minute -- connecting families with Children's Medicaid and CHIP.

While many childhood coughs are caused by minor illnesses, there are some cases where you should consult a physician.

Call your child's doctor if your child:

- is breathing poorly or working hard to breathe
- has a high fever
- is an infant younger than four months old who has been coughing for more than a few hours
- makes a "whooping" sound after each cough
- or wheezes when breathing in or out

Coughs caused by colds can last weeks. But if a cough lasts much longer you should see your child's doctor.

A blue or dusky color to the lips, face or tongue is an emergency and you should call 9-1-1.

**Announcer:** Health insurance is key to keeping your kids healthy. Call toll-free 1-877-KIDS NOW to apply or when it's time to renew your CHIP or Children's Medicaid. Six months of coverage for all your children costs just 50 dollars or less, but most families pay little or nothing. That's 1-877-KIDS NOW.