



# COUGH

Sudden expulsion of air from lungs, sometimes with phlegm

## RESPIRATORY INFECTION

Coughing is one of the symptoms of a respiratory infection, wherein the respiratory tract is inflamed (usually due to a virus). White mucus being expelled through coughing is indicative of a viral infection. This may be treated at home. However, if the mucus being expelled is colored green or brown, a bacterial infection may be present and help must be sought.

### Symptoms:

- Coughing
- Presence of phlegm
- Fever
- Sore throat

### DO:

- Drink lots of water and juices as well as hot liquids such as soups.
- Try steam inhalation to decongest your nose.
- Try over-the-counter cough medicines or expectorants to expel phlegm.
- Take throat lozenges.

### DON'T:

- Don't suppress the cough if it is expelling the phlegm in your lungs. Coughing will cease as soon as the irritant is removed.

# CUT

Skin has been broken or sliced open

## CAUSES

## INJURY

Cuts occur when a sharp object slices and breaks a layer of skin. Minor cuts have very minimal bleeding and may be treated at home. If the cut is deep and bleeds excessively, emergency help must be sought.

### Symptoms:

- Skin has been broken
- Pain
- Bleeding



*Stop the bleeding by applying pressure on the wound and pressing on it with a clean bandage.*

### DO:

- Wash the cut with cold running water and soap. Remove any foreign materials in the wound, if necessary - with disinfected tweezers.
- Stop the bleeding by applying pressure on the wound. Press down on it with a clean bandage.

### DON'T:

- If the blood has started to clot on top of the wound, do not remove the clot.
- Don't pick on scabs that form on the wound.



# DANDRUFF

White flakes that are shed from the scalp

## CAUSES

### FUNGAL INFECTION (E.G. SEBORRHEIC DERMATITIS)

It is not known what exactly causes seborrheic dermatitis, but it is characterized by shedding of dandruff flakes, possibly with scaling around the eyebrows, nose, ears, breastbone and underarms. These symptoms may be treated at home and could possibly be stress or weather-related.



*Dandruff is a common skin problem that may give an afflicted person embarrassment. Regularly washing your hair with an anti-dandruff shampoo may help.*

### Symptoms:

- White scales on scalp
- Shedding of white flakes
- Itchy scalp

### DO:

- Use an anti-dandruff shampoo regularly.
- Wash your hair once a day.

### DON'T:

- Don't scratch your scalp. It might cause infection.

# DIARRHEA

Frequent bowel movements, passing of unusually watery stool

### FOOD POISONING

*See page 11, 69.*

### DIET

There are certain types of food (e.g. sorbitol and fructose-sweetened food) that may cause diarrhea. Other possibilities are alcohol and drinks like apple juice that serve as laxatives.

### Symptoms:

- Diarrhea

### DO:

- Review your diet and take note of what you are eating too much of.
- Drink plenty of water and juice to prevent dehydration.
- Get some rest.
- When your stomach is able to take solid food, try the BRAT diet (banana, rice, applesauce, toast).
- To rehydrate yourself, drink glasses of warm water containing two teaspoons each of salt and sugar.
- Seek help if the symptoms persist or worsen in three days, or if there is bloody diarrhea.

### DON'T:

- Don't drink coffee, tea, or dairy products for a while. Also avoid alcohol and carbonated beverages (like soft drinks).
- Do not eat solid food until the symptoms clear up.