

English	Traditional Chinese 繁體中文
<h1>Cough</h1>	<h1>咳嗽</h1>
<h2>About coughs</h2>	<h2>有關咳嗽</h2>
<p>A cough is a reflex action to clear your airways of mucus and irritants such as dust or smoke. It's rarely a sign of anything serious.</p>	<p>咳嗽是一種反射活動，可以清除呼吸道中的粘液和刺激物質，例如灰塵或煙塵。咳嗽絕大情況下都不是什麼嚴重的跡象。</p>
<p>A "dry cough" means it's tickly and doesn't produce any phlegm (thick mucus). A "chesty cough" means phlegm is produced to help clear your airways.</p>	<p>“乾咳”意思是嗓子很癢，但咳不出任何痰（粘液）。 “胸腔咳嗽”意思是能咳出痰，幫助清理您的呼吸道。</p>
<p>Most coughs clear up within three weeks and don't require any treatment. For more persistent coughs, it's a good idea to see your GP so they can investigate the cause.</p>	<p>大多數咳嗽都會在三周之內恢復，不需要任何治療。如果咳嗽持續不斷，請去看您的全科醫生，他們會幫您查清原因。</p>
<h2>What can cause a cough?</h2>	<h2>導致咳嗽的原因？</h2>
<p>Some of the main causes of short-term (acute) and persistent (chronic) coughs are outlined below.</p>	<p>短期（急性）咳嗽和持續不斷（慢性）咳嗽的主要原因如下。</p>
<h3>Short-term coughs</h3>	<h3>短期咳嗽</h3>
<p>Common causes of a short-term cough include:</p>	<p>短期咳嗽常見的原因包括：</p>
<ul style="list-style-type: none"> an upper respiratory tract infection (URTI) that affects the throat, windpipe or sinuses – examples are a cold, flu, laryngitis, sinusitis or whooping cough a lower respiratory tract infection (LRTI) that affects your lungs or lower airways – examples are acute bronchitis or pneumonia an allergy, such as allergic rhinitis or hay fever a flare-up of a long-term condition such as asthma, chronic 	<ul style="list-style-type: none"> 上呼吸道感染(URTI)影響了喉嚨、氣管或鼻竇 – 例如 感冒, 流感, 喉炎, 鼻竇炎 或 百日咳 下呼吸道感染(LRTI)影響了您的肺或下呼吸道 – 例如急性 支氣管炎 或 肺炎 有 過敏, 例如 枯草熱 或 花粉熱 長期疾病的突然發作，例如 哮喘, 慢性阻塞性肺病(COPD) 或慢性 支氣

obstructive pulmonary disease (COPD) or chronic bronchitis

- inhaled dust or smoke

In rare cases, a short-term cough may be the first sign of a health condition that causes a persistent cough.

Persistent coughs

A persistent cough may be caused by:

- a long-term respiratory tract infection, such as chronic bronchitis
- asthma – this also usually causes other symptoms, such as wheezing, chest tightness and shortness of breath
- an [allergy](#)
- smoking – a smoker's cough can also be a symptom of COPD
- bronchiectasis – where the airways of the lungs become abnormally widened
- postnasal drip – mucus dripping down the throat from the back of the nose, caused by a condition such as rhinitis or sinusitis
- [gastro-oesophageal reflux disease \(GORD\)](#) – where the throat becomes irritated by leaking stomach acid
- a prescribed medicine, such as an angiotensin-converting enzyme inhibitor (ACE inhibitor), which is used to treat high blood pressure and cardiovascular disease

In most cases, a doctor won't worry whether a cough is dry or chesty, but will need to know if you are producing much more or darker phlegm than usual.

Rarely, a persistent cough can be a symptom of a more serious condition, such as [lung cancer](#), [heart failure](#), a pulmonary embolism (blood clot on the lung) or [tuberculosis](#).

管炎

- 呼入了灰塵或煙塵

在極個別情況下，短期的咳嗽可能是持續不斷咳嗽的先兆。

持續不斷的咳嗽

可能導致持續不斷咳嗽的原因有：

- 長期的呼吸道感染，例如慢性支氣管炎
- 哮喘 – 通常也會引起其他症狀，例如喘息、胸悶、氣短。
- 發生 [過敏](#)
- 吸煙 – 對吸煙人士而言，咳嗽可能是慢性阻塞性肺炎的症狀
- 支氣管擴張 – 肺的氣道變得異常的寬
- 后鼻滴流 – 粘液從鼻子後部滴入喉嚨，導致這種症狀的原因通常是鼻炎或鼻竇炎
- [胃食管返流疾病 \(GORD\)](#) – 洩漏出的胃酸導致喉嚨不適
- 一種處方藥，例如血管緊張素轉化酶抑制劑 (ACE抑制劑)，用於治療高血壓和心血管疾病

大多數情況下，醫生不會過多地擔心您咳嗽是乾咳還是胸腔咳嗽，但醫生需要知道您咳嗽時是否有比平時量更大或顏色更暗的痰液。

極少數情況下，持續不斷的咳嗽可能是嚴重疾病的症狀，例如 [肺癌](#), [心臟衰竭](#), 肺栓塞(肺部有血塊)或 [肺結核](#)。

Coughs in children

Coughs in children often have similar causes to those mentioned above. For example, respiratory tract infections, asthma and GORD can all affect children.

Causes of coughs that are more common in children than adults include:

- bronchiolitis – a mild respiratory tract infection that usually causes cold-like symptoms
- croup – this causes a distinctive barking cough and a harsh sound known as stridor when the child breathes in
- **whooping cough** – look out for symptoms such as intense, hacking bouts of coughing, vomiting, and a "whoop" sound with each sharp intake of breath after coughing

Occasionally, a persistent cough in a child can be a sign of a serious long-term condition, such as [cystic fibrosis](#).

When to see your GP

There's usually no need to see your GP if you or your child have a cough for a week or two. However, you should seek medical advice if:

- you've had a cough for more than three weeks
- your cough is particularly severe
- you cough up blood or experience shortness of breath, breathing difficulties or chest pain
- you have any other worrying symptoms, such as unexplained weight loss, a persistent change in your voice, or lumps or swellings in your neck

If your GP is unsure what's causing your cough, they may refer you to a hospital specialist for an assessment. They may also

兒童咳嗽

兒童咳嗽的原因和上述原因相似。例如，呼吸道感染、哮喘、胃食管返流疾病(GORD)都能導致兒童咳嗽。

相比成年人，更常導致兒童咳嗽的原因有：

- **細支氣管炎** – 症狀較輕的呼吸道感染，通常會導致和感冒相似的症狀
- **喉氣管支氣管炎** –
兒童吸氣時，會導致孩子發出獨特的吠叫咳嗽和尖銳聲音（通常稱之為喘鳴）
- **百日咳** –
會導致如下症狀：一陣陣劇烈的咳嗽、嘔吐，以及咳嗽後深吸氣時會有喘息聲

個別情況下，兒童持續不斷的咳嗽可能是嚴重的長期性疾病的症狀，例如 [囊性纖維化](#)。

什麼時候去看全科醫生

如果您或者您的孩子咳嗽了一周或者兩周，通常而言沒有必要去看全科醫生。但是，如果出現下述情況，您應該去看醫生：

- 咳嗽超過三週
- 咳嗽十分嚴重
- 咳血，或者有氣短、呼吸困難、胸痛
- 有其他嚴重的症狀，例如毫無征兆的體重減少、持續性變聲、脖子出現腫塊或腫脹

如果您的全科醫生不確定是什麼原因導致您咳嗽，全科醫生可能會讓您去醫院轉診，尋求專家的評估。全科醫生也可能會讓您做一些測試，例如胸部 [X光](#)，

request some tests, such as a chest [X-ray](#), allergy tests, breathing tests, and an analysis of a sample of your phlegm to check for infection.

What treatments are available?

Treatment isn't always necessary for short-term coughs because it's likely to be a viral infection that will get better on its own within a few weeks. You can look after yourself at home by resting, drinking plenty of fluids, and taking painkillers such as [paracetamol](#) or [ibuprofen](#).

Cough medicines and remedies

Although some people find them helpful, medicines that claim to suppress your cough or stop you bringing up phlegm are not usually recommended. This is because there's little evidence to suggest they're any better than simple home remedies, and they're not suitable for everyone.

The [Medicines and Healthcare products Regulatory Agency \(MHRA\)](#) recommends that over-the-counter cough and cold medicines shouldn't be given to children under the age of six. Children aged 6 to 12 should only use them on the advice of a doctor or pharmacist.

A homemade remedy containing honey and lemon is likely to be just as useful and safer to take. Honey shouldn't be given to babies under the age of one because of the risk of infant botulism.

Treating the underlying cause

If your cough has a specific cause, treating this may help. For example:

- asthma can be treated with inhaled steroids to reduce inflammation in your airways

過敏測試，呼吸測試，化驗痰液以檢查是否有感染。

有哪些治療方法？

對於短期的咳嗽而言，不一定需要治療，因為短期咳嗽很可能是病毒性感染導致的，幾周內就可以自行恢復。您也可以通過其他方式照顧好自己，例如在家休息、大量飲水、服用止痛片，例如 [撲熱息痛](#) 或 [布洛芬](#)。

治療咳嗽的藥物和療法

不建議服用那些聲稱能抑制咳嗽、幫助您停止咳痰的藥物，即便有些人服用這些藥物后有一定效果。因為鮮有科學證據表明這些藥物比常規的家用療法更有效，而且這些藥物並不適合所有人。

英國國家藥品與保健品管理局

[\(MHRA\)](#)建議非處方咳嗽藥和感冒藥不應該向六歲以下的兒童提供。6到12歲之間的兒童必須在醫生或藥師的醫囑下才可以服用。

包括服用蜜蜂和檸檬水在內的家用療法也同樣有效，而且更安全。不得為一歲以下的嬰兒服用蜂蜜，因為有可能會造成嬰兒肉毒中毒。

治本

如果您的咳嗽有具體的誘發原因，那麼針對誘發原因進行治療可能會有所幫助。例如：

- 可以使用吸入式類固醇治療哮喘，從而緩解氣道的發炎程度

- allergies can be treated by avoiding things you're allergic to and taking antihistamines to dampen down your allergic reactions
- bacterial infections can be treated with [antibiotics](#)
- GORD can be treated with antacids to neutralise your stomach acid and medication to reduce the amount of acid your stomach produces
- COPD can be treated with bronchodilators to widen your airways

If you smoke, quitting is also likely to help improve your cough. Read more about [stopping smoking](#).

Cough self-help guide

If you have a cough, complete our self-help guide to assess your symptoms and find out what to do next.

- 避免接觸您的過敏原，以避免發生過敏反應。服用抗組織胺藥物，以緩解過敏反應。
- 細菌感染可以使用 [抗生素](#)治療
- 可以使用防酸劑中和胃酸，或者服用相應藥物，減少胃部產生的酸，從而治療胃食管返流疾病。
- 針對慢性阻塞性肺炎，可以使用支氣管擴張藥物或儀器幫助擴大氣道如果您吸煙，戒煙很可能會緩解咳嗽。進一步了解 [戒煙](#)。

針對咳嗽的自助手冊

如果您咳嗽，請完成我們的自助手冊，幫助您評估症狀，提醒您下一步應該怎麼做。