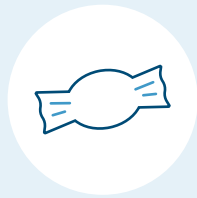


## What helps with a cough



(Sugar-free)  
lozenges



Breathing  
through the nose



Lying on your side  
when coughing

