

Most **coughs** go away on their own within 3 weeks. There's usually no need to see a GP.

The official NHS advice is to see a GP if:

- you've had a cough for more than 3 weeks (persistent cough)
- your cough is very bad or quickly gets worse, for example – you have a hacking cough or can't stop coughing
- you have chest pain
- you're losing weight for no reason
- the side of your neck feels swollen and painful (swollen glands)
- you find it hard to breathe
- you have a weakened immune system, for example because of chemotherapy or diabetes
- **See a GP urgently if you're coughing up blood.**

