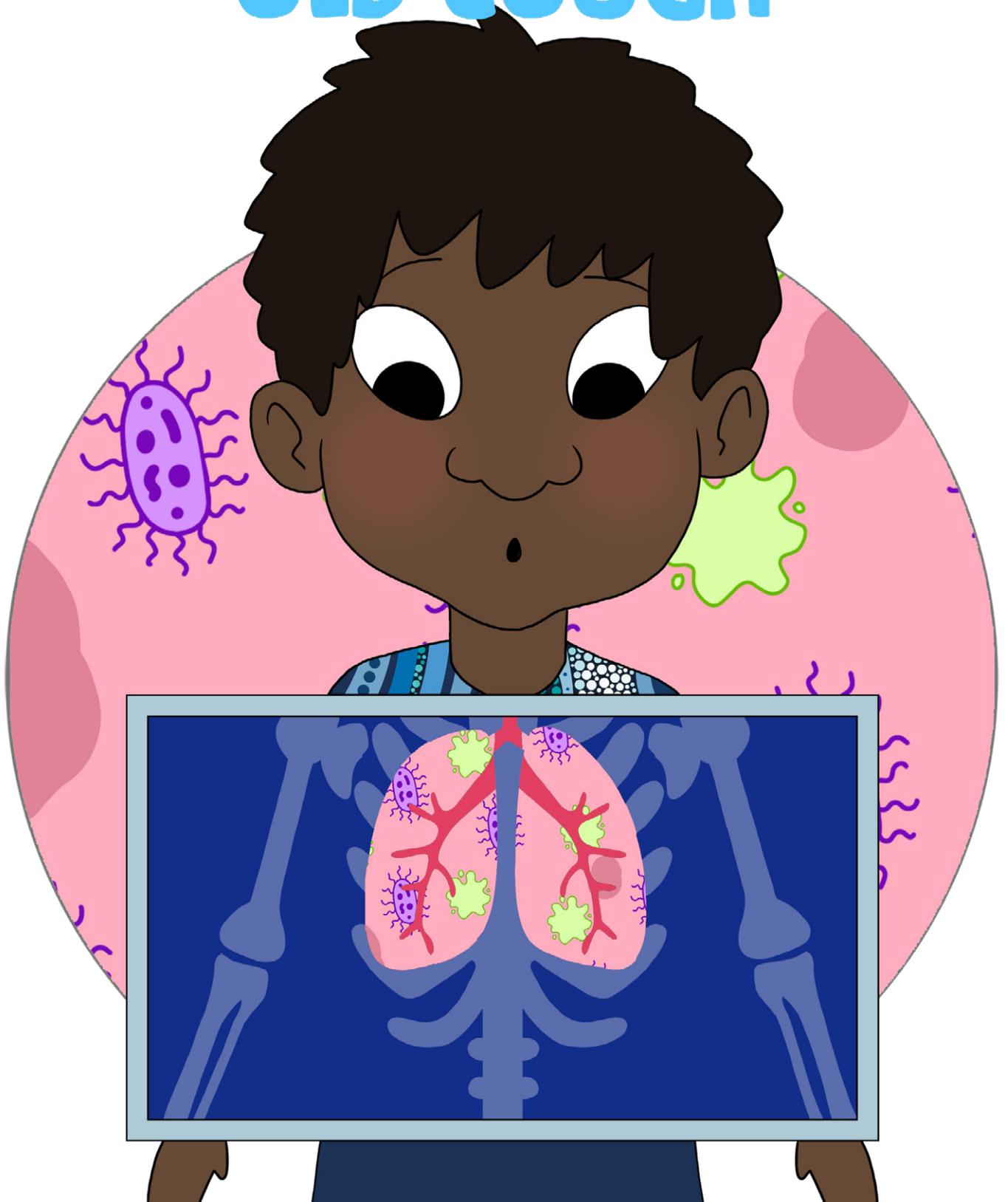
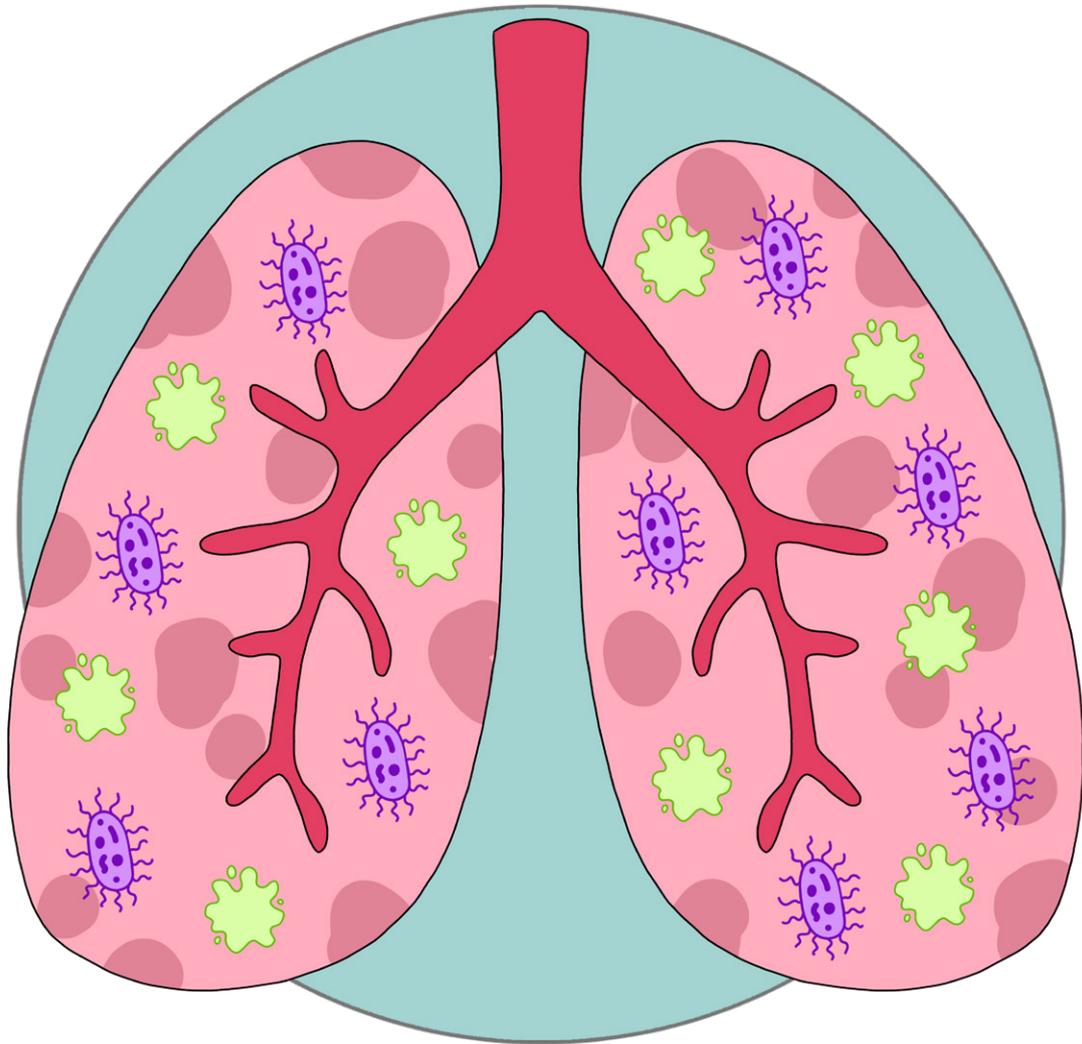


WET COUGH

IT'S NOT JUST ANY OLD COUGH





KICKING WET COUGH IN
INDIGENOUS KIDS
— KWIK —

**“Have you noticed Jarrah coughing?”
I heard Jiemba say.**

**“He’s been coughing and coughing,
day after day.**

**I wake in the night with the noise
he is makin’, I worry he won’t sleep or
have trouble wakin’”**



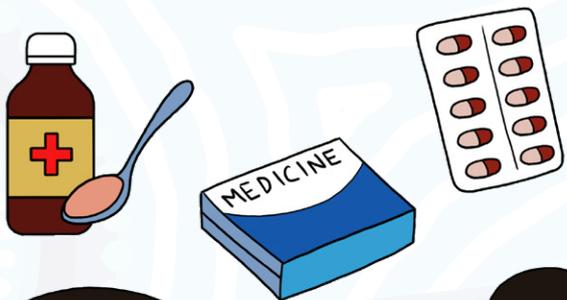
**“I can’t help it dad,” little Jarrah said,
“But my throat doesn’t hurt and nor does my head.**

**But this wet cough just keeps coming and it won’t
go away, do you think it’s just normal for me to
cough in this way?”**



**“He’s been coughing 4 weeks now,” his Mum said to me.
“We’ve even tried vapors and cough medicines, see.**

**But they’re doing no good and it just won’t go.
I might try my neighbour to see what she knows?”**



**So mum popped next door and Sally was home.
Sally wasted no time and was soon on the phone.
To the clinic in town, she yarned the whole deal,
About Jarrah's wet cough, without fever or bad feel.**



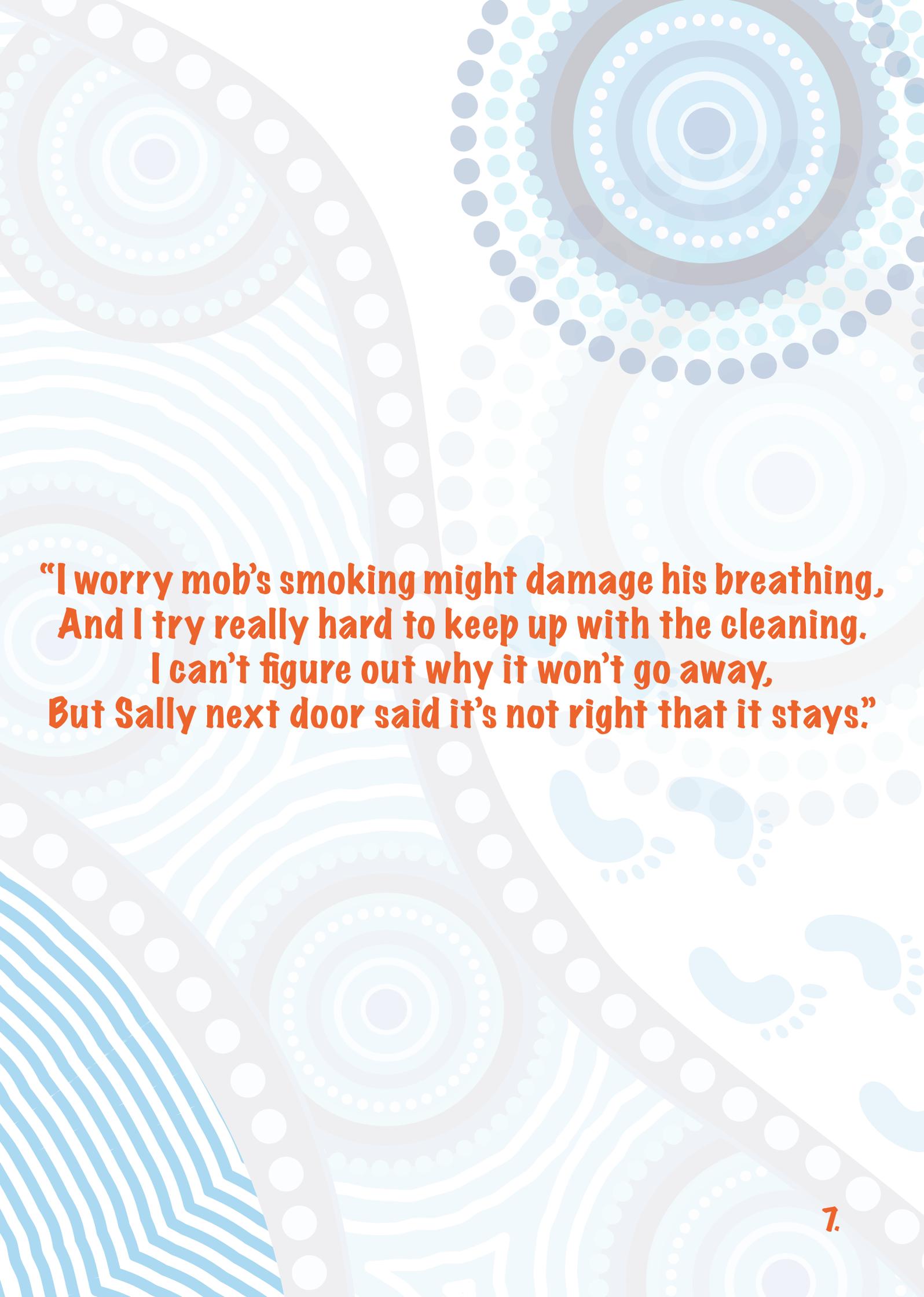
**“How long has he had this wet cough?”
the doctor asked Mum.**

**“Oh 4-weeks now,” she said
“But we don’t know where from?”**

**None of us has bin coughin’ and he hasn’t been sick.
He runs and he plays and he keeps himself fit.”**







**“I worry mob’s smoking might damage his breathing,
And I try really hard to keep up with the cleaning.
I can’t figure out why it won’t go away,
But Sally next door said it’s not right that it stays.”**

**The doctor asked Jarrah to lift up his vest,
And listened with a stethoscope right on his chest.
He asked him to cough and it sounded real wet,
And said “We can fix this- I can make you a bet”.**

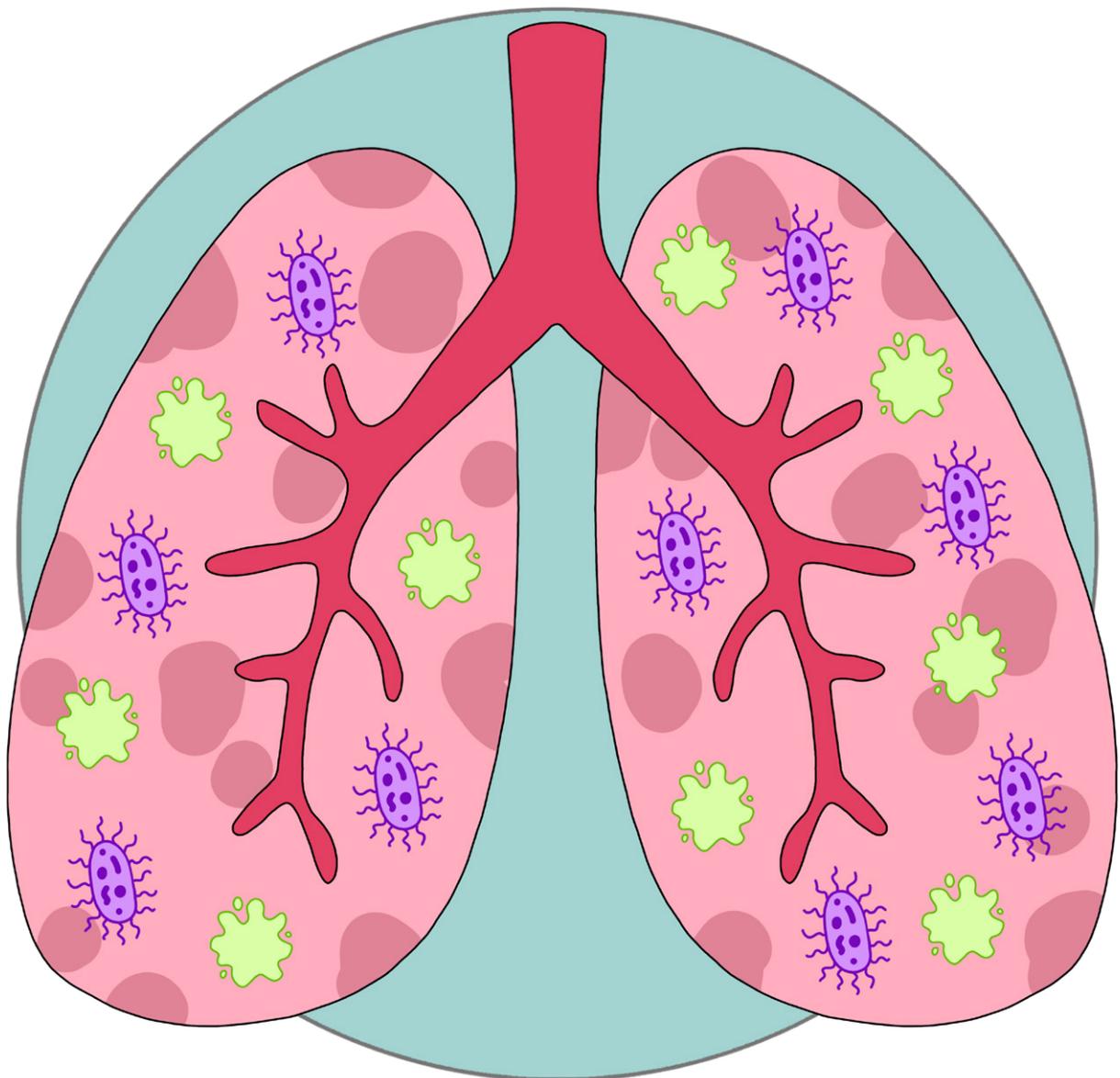


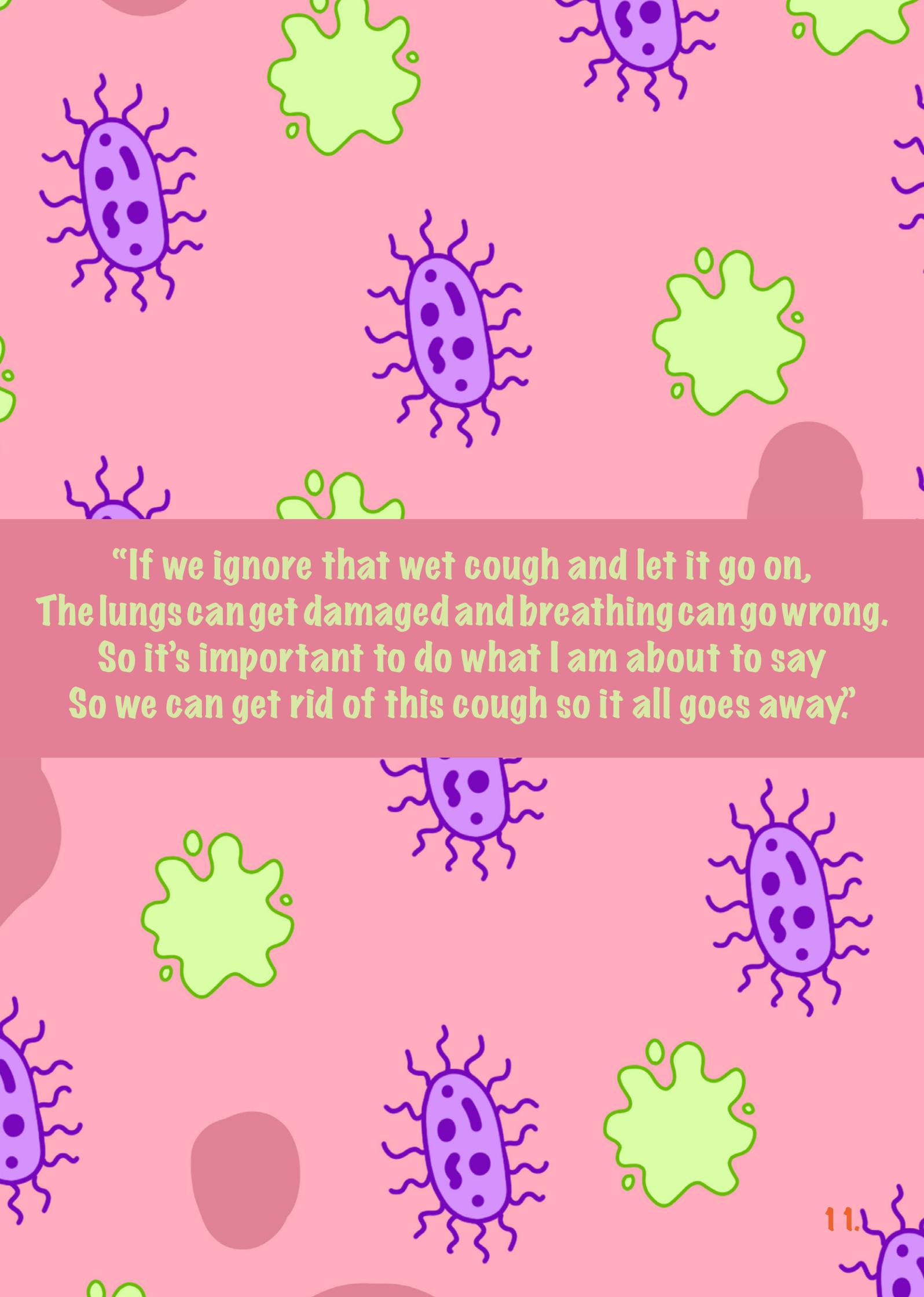
**“We call this chronic lung sickness,” the doctor went on
“And we often don’t know where it comes from.
Sometimes it stays after pneumonia gets better,
but often it’s just this **wet cough** forever.”**

**“It’s good that you came to clinic today,
Cause the long time cough will simmer and stay.
Our mob are more likely than most,” he explained,
“To get this lung sickness, there’s no need to feel shame.”**



**“And it’s tricky ‘cause the cough doesn’t get worse.
But it just hangs around like a horrible curse.
And inside the lungs the damage is brewing,
By little bacteria in the mucus, it’s chewing.”**



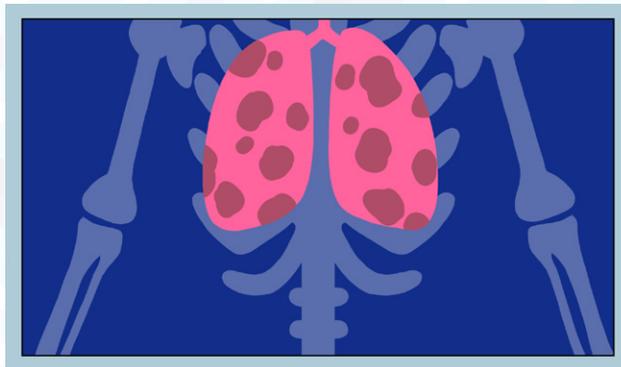


**“If we ignore that wet cough and let it go on,
The lungs can get damaged and breathing can go wrong.
So it’s important to do what I am about to say
So we can get rid of this cough so it all goes away.”**

**“But if we keep our ears open and listen for the cough,
And remember by 4 weeks then something is off.
Doctors can give medicine for 2 weeks or more,
And it’s important to take it and finish it all.”**



**“So that long time wet cough is not just a cough
All that mucus bub’s coughing could quickly go off,
And damage the breathing tubes inside the lungs,
And steal years and shatter your fun.”**



**“The wet sound you hear is a discharge called mucus
Which if it hangs around becomes a real nuisance.
The mucus goes off when it isn’t treated
And that’s pretty bad news you will be greeted”**

So the doctor gave Jarrah antibiotics for 14 days. Then Jarrah came back to check if the cough stayed. But the cough was all gone, and it was totally fixed. Jarrah's lungs are now healthy; it had done the trick.



His Mum sat beside him and Dad was there too.
Doctor was so happy how well they carried through.
The medicine had fixed Jarrah's wet cough,
And now Jarrah would grow up **HEALTHY** and **TOUGH!**



So how do we know when a cough's not just a cough?
And when should I worry about coughing stuff?
Especially if bub doesn't feel sickly and drear
And cold sick is common and usually clears?



Well the answer is simple, but you gotta really listen,
To when the cough started and that no days are missin'.
After 4-weeks of **wet cough**, no matter how small,
Don't sit back and do nothing at all.

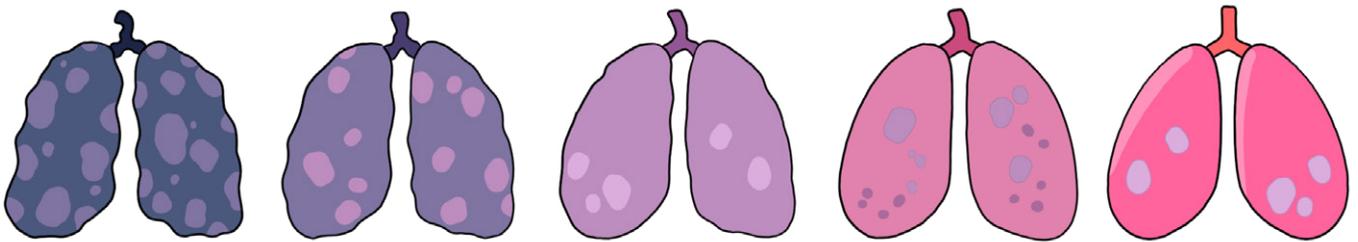


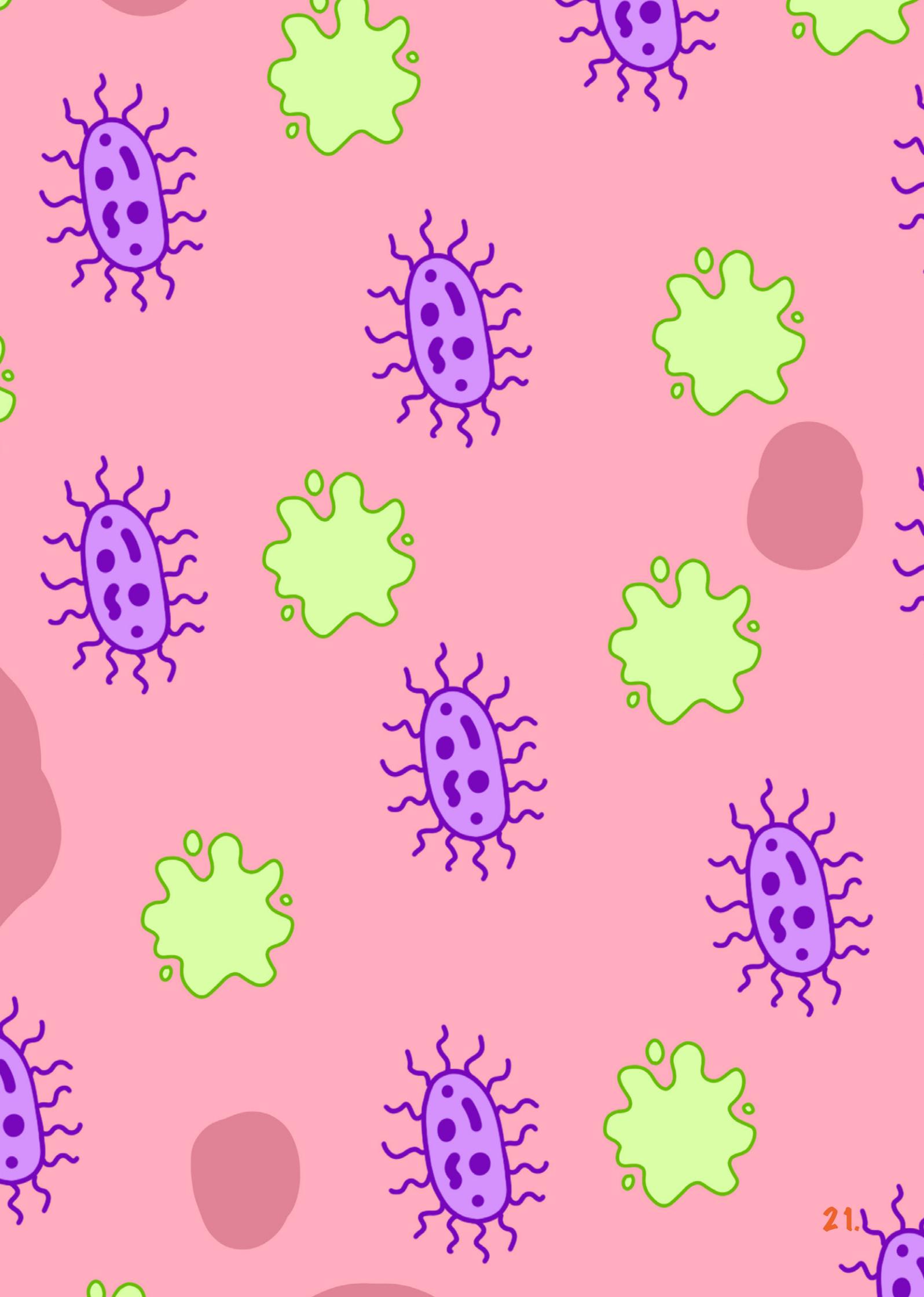
So share this with others who may not know,
That a long time **wet cough** really needs to go.
'Cos our mob are prone and more likely than some,
To suffer chronic lung sickness and that is not fun!



Tell all of your family and all of your mates
Wet coughs can be treated real quick all it takes
Is to check with the doctor or nurse at the clinic
But ignoring the warnings will just **NEVER FIX IT!**







TELETHON
KIDS
INSTITUTE

