

# Huffing and coughing

Reviewed by SickKids Staff

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## Huffing

Open your mouth so it is shaped like a large O. Take a breath in.

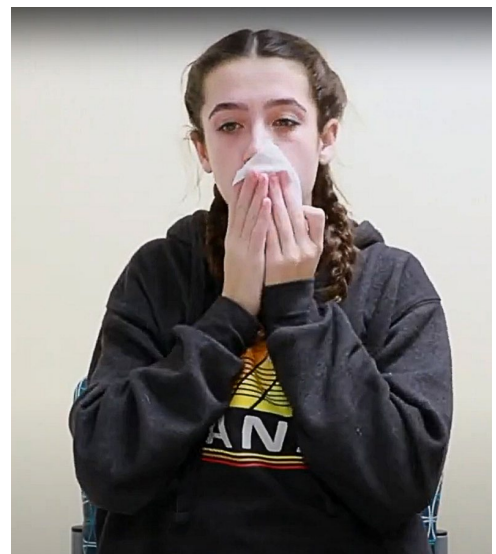
1. Breathe out quickly and actively. You should tighten your tummy and chest wall muscles when breathing out. Each huff is a fast breath out with an open mouth, as if you are steaming up a window
2. Once you have moved your secretions up, it is important to cough them out.



## Coughing

Achieving an effective cough is an important component of airway clearance.

1. Sit in a relaxed, comfortable position for deep breathing and coughing. Leaning forward is usually the best position for coughing. You can bend your head and upper body forward slightly when coughing.
2. If you have any discomfort around your chest, you can hold a pillow or stuffed animal over that spot to give more support when you cough out.
3. After coughing, growl up the secretions and spit them out if you can.



Watch this video to see someone performing huffing and coughing (<https://youtu.be/aPSBSXnDiRw>)

