Ontario and Toronto cough resources

A navigation guide for Health811, respiratory education, testing and coverage questions.

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General health information only. This guide does not diagnose a condition or replace an assessment by a qualified clinician.

Health811

Ontario Health811 offers free, secure and confidential nurse advice and service navigation by calling 811 or using the online service. It is not a replacement for 911 during an emergency.

Respiratory and community supports

The Lung Health Foundation offers Canadian respiratory education and support. Local respiratory educators, speech-language therapy, physiotherapy and specialist clinics may be publicly funded, program-dependent or privately paid.

Coverage questions

- Ask whether the physician or hospital service is medically necessary and OHIP-insured.
- Ask whether a test, respiratory educator or allied-health service is public, program-dependent or private.
- Ask a pharmacist whether a medicine is covered under ODB, OHIP+, Trillium or an Exceptional Access pathway.
- Confirm eligibility, referral requirements, wait times and fees directly.

Useful official links

Lung Health Foundation — chronic cough: https://www.lung.ca/lung-diseases/chronic-cough/

Lung Health Foundation — causes of chronic cough: https://www.lung.ca/lung-diseases/chronic-cough/causes-of-chronic-cough/

HealthLink BC — coughs age 12 and older: https://www.healthlinkbc.ca/healthwise/coughs-age-12-and-older

Government of Canada — respiratory infectious diseases: https://www.canada.ca/en/public-health/services/diseases/respiratory-infectious-diseases-reduce-spread-personal-protective-measures.html

Canadian Paediatric Society — croup: https://cps.ca/en/documents/position/acute-management-of-croup

Choosing Wisely Canada — paediatrics: https://choosingwiselycanada.org/recommendation/paediatrics/

CMAJ — postinfectious cough in adults: https://www.cmaj.ca/content/cmaj/196/5/E157.full.pdf

Ontario Health — infectious diseases: https://www.ontariohealth.ca/clinical/infectious-diseases

Sources and limitations

Canadian sources are listed first. U.S., U.K. and academic sources supplement the Canadian context. Links were opened and verified on 20 November 2026. This guide uses original wording and does not reproduce third-party text.

Lung Health Foundation — chronic cough: https://www.lung.ca/lung-diseases/chronic-cough/

Lung Health Foundation — causes of chronic cough: https://www.lung.ca/lung-diseases/chronic-cough/causes-of-chronic-cough/

HealthLink BC — coughs age 12 and older: https://www.healthlinkbc.ca/healthwise/coughs-age-12-and-older

Government of Canada — respiratory infectious diseases: https://www.canada.ca/en/public-health/services/diseases/respiratory-infectious-diseases-reduce-spread-personal-protective-measures.html

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CMAJ — postinfectious cough in adults: https://www.cmaj.ca/content/cmaj/196/5/E157.full.pdf

Ontario Health — infectious diseases: https://www.ontariohealth.ca/clinical/infectious-diseases

British Thoracic Society — chronic cough: https://www.brit-thoracic.org.uk/clinical-resources/clinical-statements/cough-adults/

NICE NG120 — acute cough: https://www.nice.org.uk/guidance/ng120/resources/cough-acute-antimicrobial-prescribing-pdf-66141652166341

NHS — cough: https://www.nhs.uk/symptoms/cough/

CDC — chest cold acute bronchitis: https://www.cdc.gov/acute-bronchitis/about/index.html

American Thoracic Society — cough: https://www.thoracic.org/patients/patient-resources/resources/PHSCough.pdf

CHEST — chronic cough in children: https://journal.chestnet.org/article/S0012369220303251/pdf

NCBI Bookshelf — cough evaluation and management: https://www.ncbi.nlm.nih.gov/books/NBK493221/