

# Upper Respiratory Infection

## What is it?



- **Upper Respiratory Infection/URI**– illnesses caused by an acute infection which involves the upper respiratory tract ( sinuses, nose, larynx, or pharynx; common cold, sinusitis, ear infection, pharyngitis/tonsillitis, and sometimes bronchitis; a type of infection of the head and chest that is caused by a virus
- **Strep Throat**- 15% of acute pharyngitis , usually start with a sore throat as their first symptom without the runny nose, cough or sneezing
- **Otitis Media**- pain and pressure of the ear caused by a middle ear infection (connect the middle ear and throat, windpipe, voice box and airways)
- **Viral Conjunctivitis**- reddening of the eye
- **Influenza**- the flu, a more systemic illness which can also involve the upper respiratory tract

## Symptoms:

- **Symptoms**- cough, runny nose, sore or scratchy throat, blocked nose, headache, fever, phlegm, sneezing, facial pressure, nasal congestion, watery eyes, ear congestion, fatigue, loss of appetite
  - **Begins**- 1-3 days after exposed to a microbial pathogen or a virus; duration of the symptoms are 7 to 10 days but may last longer



## Facts:

- **Caused by**- a virus (viruses are germs that cause infections, over 200 viruses can cause URI's); viruses are passed on by coughing, sneezing, or personal contact, or handling objects that were touched by someone with URI)
- **Practice**- good hand washing techniques often throughout th day

## What can I do?

- **See your Health Care Provider**- for more information
  - **Treatment**- antibiotics or no antibiotics due to prevent the rise of drug resistant bacteria' rest, increase fluids, Vitamin C, orange juice

