

## UPPER RESPIRATORY INFECTIONS

Upper respiratory infections are due to a large number of organisms that invade the body and create a variety of symptoms which may include:

- Fever
- Clear, yellow, or green sputum production or nasal drainage
- Cough
- Shortness of breath
- Fatigue
- Scratchy throat
- Ear pressure
- Mild headache

### **Treatment**

Treatment for bacterial upper respiratory infections is an antibiotic specific to the organism causing the symptoms. However, most upper respiratory infections are caused by viruses not treatable by antibiotic therapy. Their treatment includes:

1. Tylenol for fever and pain control.
2. Rest.
3. Take the full course of antibiotics as prescribed.
4. Drink plenty of clear fluids, NO CAFFEINE, avoid milk products.
5. Avoid smoking or environmental irritants.
6. Prevent spreading the infection by adequate hand washing, using separate utensils, and covering your mouth then sneezing or coughing.
7. Warm salt water gargles.
8. Chloraseptic spray or lozenges.

### **Contact your own physician if the following occurs:**

1. Shortness of breath.
2. If condition worsens.
3. If fever persists beyond 48 hours.

Contact your physician if you have any questions or problems.