

# Upper Respiratory Tract Infections Chart Full Illustrated

**Upper Respiratory Tract Infections (URTIs)** are a common group of infections that affect the nose, throat, and sinuses. They are caused by a variety of viruses and bacteria, and can range in severity from mild to severe.

This chart provides a comprehensive overview of the most common URTIs, including their symptoms, diagnosis, treatment, and prevention.



## Upper Respiratory Tract Infections e chart: Full illustrated

by Kellyann Petrucci

★★★★★ 5 out of 5

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Enhanced typesetting : Enabled  
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## Common Upper Respiratory Tract Infections

Infection	Symptoms	Diagnosis	Treatment	Prevention
<b>Common cold</b>	Runny nose, congestion, sore throat,	Clinical examination	Rest, fluids, over-the-	Frequent handwashing, avoiding

<b>Infection</b>	<b>Symptoms</b>	<b>Diagnosis</b>	<b>Treatment</b>	<b>Prevention</b>
	cough, sneezing		counter medications	contact with sick people
<b>Flu</b>	Fever, chills, muscle aches, fatigue, headache, cough, sore throat, runny nose	Clinical examination, rapid influenza diagnostic test	Rest, fluids, antiviral medications (if prescribed)	Flu vaccine, frequent handwashing, avoiding contact with sick people
<b>Strep throat</b>	Sore throat, fever, headache, swollen lymph nodes, white or yellow patches on the tonsils	Throat culture	Antibiotics	Avoiding contact with sick people, frequent handwashing
<b>Bronchitis</b>	Cough, wheezing, chest pain, shortness of breath	Clinical examination, chest X-ray	Rest, fluids, cough suppressants, bronchodilators (if prescribed)	Smoking cessation, avoiding air pollution
<b>Pneumonia</b>	Fever, chills, cough, shortness of	Clinical examination, chest X-ray	Antibiotics, hospitalization (if necessary)	Pneumonia vaccine, avoiding

Infection	Symptoms	Diagnosis	Treatment	Prevention
	breath, chest pain			smoking and air pollution
<b>Sinusitis</b>	Facial pain and pressure, nasal congestion, runny nose, cough	Clinical examination, CT scan	Nasal sprays, antibiotics (if prescribed)	Avoiding allergens, using a humidifier

## When to See a Doctor

Most URTIs are mild and will resolve on their own within a few days. However, it is important to see a doctor if you have any of the following symptoms:

- Fever over 101 degrees Fahrenheit
- Severe headache
- Shortness of breath
- Chest pain
- Confusion
- Vomiting or diarrhea

## Treatment

The treatment for URTIs depends on the specific infection. Most URTIs can be treated at home with rest, fluids, and over-the-counter medications.

However, some URTIs, such as strep throat and pneumonia, require antibiotics.

## Prevention

There are a number of things you can do to prevent URTIs, including:

- Frequent handwashing
- Avoiding contact with sick people
- Getting vaccinated against the flu and pneumonia
- Smoking cessation
- Avoiding air pollution
- Using a humidifier

URTIs are a common group of infections that can range in severity from mild to severe. This chart provides a comprehensive overview of the most common URTIs, including their symptoms, diagnosis, treatment, and prevention. By understanding these infections, you can take steps to protect yourself and your loved ones.



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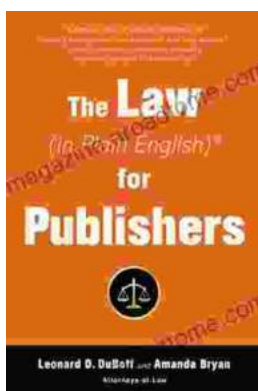
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