

Upper Respiratory Tract Infections Chart Full Illustrated

Upper respiratory tract infections (URTIs) are a common problem, affecting millions of people each year. They can be caused by a variety of factors, including viruses, bacteria, and fungi. Symptoms of URTIs can vary, but they often include sore throat, runny nose, cough, and congestion.



Upper Respiratory Tract Infections e chart: Full illustrated by Kellyann Petrucci

★★★★★ 5 out of 5

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Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
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This comprehensive chart provides a detailed overview of URTIs, including their causes, symptoms, treatment, and prevention.

Causes of URTIs

URTIs can be caused by a variety of factors, including:

- **Viruses:** Viruses are the most common cause of URTIs. There are over 100 different viruses that can cause URTIs, including the common cold

virus, influenza virus, and adenovirus.

- **Bacteria:** Bacteria can also cause URTIs, although they are less common than viruses. Some of the bacteria that can cause URTIs include *Streptococcus pneumoniae*, *Haemophilus influenzae*, and *Moraxella catarrhalis*.
- **Fungi:** Fungi can also cause URTIs, although they are very rare. Some of the fungi that can cause URTIs include *Candida albicans* and *Aspergillus fumigatus*.

Symptoms of URTIs

Symptoms of URTIs can vary, but they often include:

- Sore throat
- Runny nose
- Cough
- Congestion
- Sneezing
- Hoarseness
- Difficulty breathing
- Fever
- Chills
- Muscle aches
- Headache

- Fatigue

Treatment of URTIs

Most URTIs are mild and will resolve on their own within a few days.

However, some URTIs can be more severe and require treatment.

Treatment for URTIs may include:

- **Over-the-counter medications:** Over-the-counter medications can help to relieve symptoms of URTIs. These medications may include pain relievers, decongestants, and expectorants.
- **Prescription medications:** Prescription medications may be necessary to treat more severe URTIs. These medications may include antibiotics, antiviral medications, or corticosteroids.
- **Rest:** Rest is important for helping your body to fight off infection. Be sure to get plenty of rest when you have a URTI.
- **Fluids:** Fluids help to thin mucus and keep your throat moist. Drink plenty of fluids when you have a URTI.

Prevention of URTIs

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

- Wash your hands frequently.
- Avoid touching your face.
- Cover your mouth and nose when you cough or sneeze.
- Stay home from work or school if you are sick.
- Get vaccinated against the flu.

When to See a Doctor

See a doctor if you have any of the following symptoms:

- Difficulty breathing
- Chest pain
- High fever
- Severe headache
- Stiff neck
- Rash
- Confusion

URTIs are a common problem, but they can be prevented and treated. By following the tips in this chart, you can help to reduce your risk of getting a URTI, and you can also help to relieve the symptoms of a URTI if you do get one.



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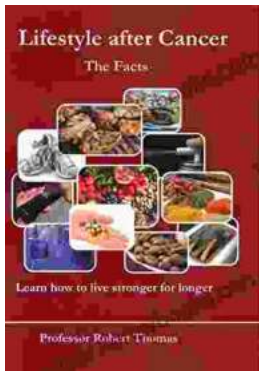
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