

Still Concerned?
Come see us!

Brookfield Family Medicine
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Airway Viral infections

Runny Nose?
Sore Throat?
Headache?
Fever?
You may have a viral infection



“Antibiotics do not fight infections caused by viruses like colds, flu, most sore throats, bronchitis, and many sinus and ear infections.”

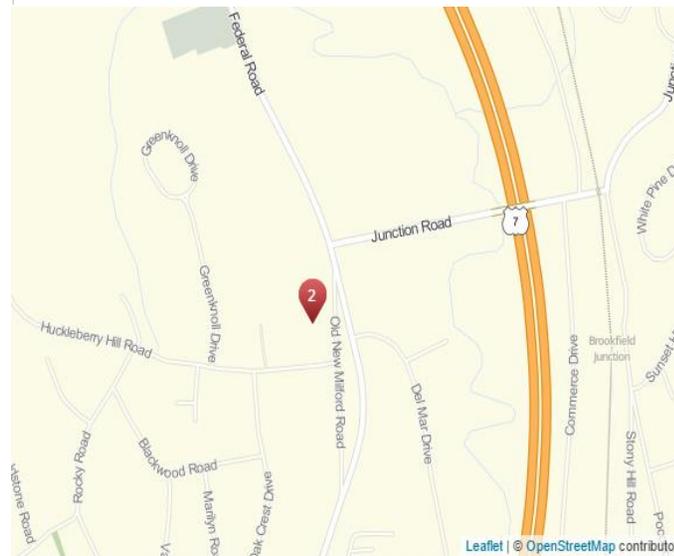
- Center for Disease Control and Prevention (CDC)

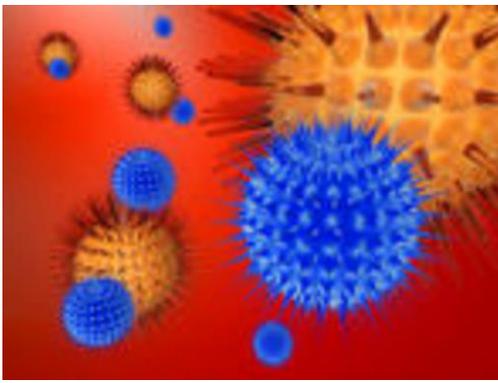
Instead, the best treatment for viral infection is symptom relief including:

Rest

Fluids

Over the Counter medication





Virus Facts

Viruses are at least 10X smaller than bacteria (in above picture Blue = virus, Orange = Bacteria)

Viruses are transmitted from person to person by coughing, sneezing, or touching contaminated surfaces

Viruses can stay alive on human skin for up to 2 hours

You may not feel symptoms for 2-3 days

You can infect others during this “silent period”

Symptoms of Viral Illness

Symptoms are caused by your immune systems’ response to the virus rather than the virus itself

Viral symptoms could last for 7-10 days

Common Symptoms:

- Runny nose with green, yellow, white, or clear mucus
- Nasal Congestion
- Sore throat
- Post nasal drip
- Cough

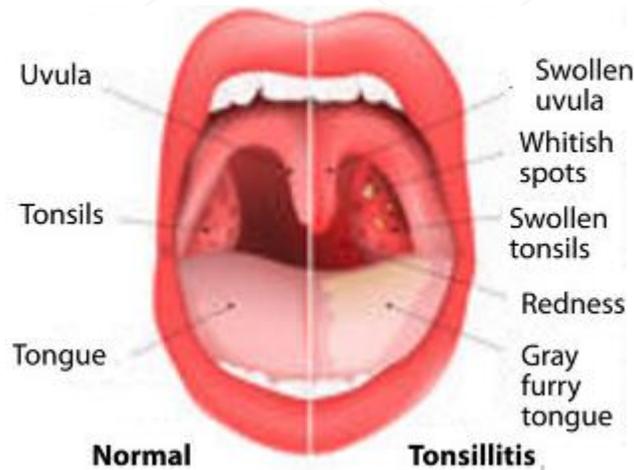
When to Seek Medical Care

Sore throat, with fever + tender swollen lymph nodes but no cough, or if viral symptoms last more than 10 days

White or green spots on tonsils (see picture below)

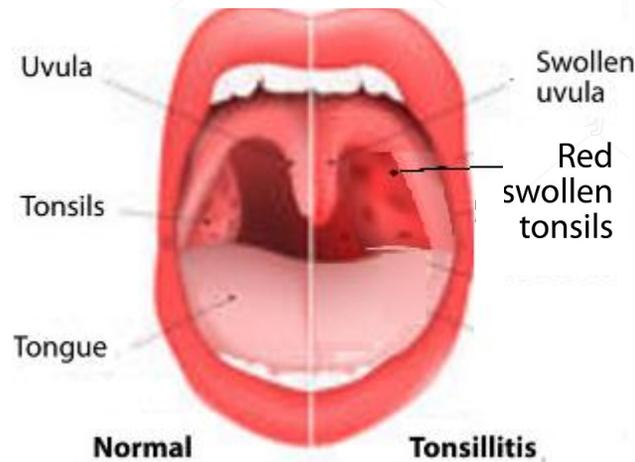
Use antibiotics only if prescribed by your health care provider

Bacterial infection



Antibiotics May not be Helpful

Viral infection



Asthma Exacerbation

Viral infections in the lower respiratory tract can cause wheezing and worsen asthma. This is called an exacerbation.

Asthma is triggered by an immune response

Asthma symptoms can persist days to weeks after viral infection clears

Asthma may require treatment with an inhaled or oral medication

How to prevent infection

Handwashing with soap and warm water is the single most effective way to prevent the spread of infection. Wash your hands before eating, after using the bathroom, and touching contaminated surfaces

Cover your mouth when you cough and sneeze with a tissue or your elbow

Stop smoking

Ask your doctor if your vaccinations are up to date

