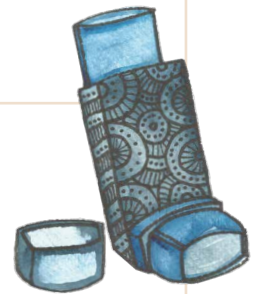
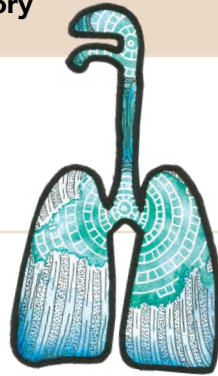


URTI vs LRTI

	URTI – Upper Respiratory Tract Infection	LRTI – Lower Respiratory Tract Infection
What does it affect?	<ul style="list-style-type: none"> • Larynx • Pharynx • Tonsils • Sinuses • Nose 	<ul style="list-style-type: none"> • Trachea (breathing tube) • Lungs • Bronchial tubes (smaller breathing airways inside the lungs)
What kind of sicknesses are included?	<ul style="list-style-type: none"> • Tonsillitis • Laryngitis • Pharyngitis • The common cold • Sinusitis • Otitis media (middle ear infections) 	<ul style="list-style-type: none"> • Bronchitis • Pneumonia • Tuberculosis
How bad is it usually?	Usually less severe, lasting 3-7 days	Usually more severe, lasting 1-2 weeks
What causes it?	<ul style="list-style-type: none"> • Viruses • Bacteria • Fungal infections 	<ul style="list-style-type: none"> • Viruses • Bacteria • Fungal infections • Parasites
Signs & Symptoms	<ul style="list-style-type: none"> • Sneezing • Sore throat • Runny nose • Body aches • Ear pain • Mild fevers • Feeling tired 	<ul style="list-style-type: none"> • Coughing up mucus • Pain in chest • Fever & chills • Shortness of breath • Nausea and vomiting • Body aches • Feeling tired
How can your doctors or health care workers diagnose it?	<ul style="list-style-type: none"> • Physical examination • Listening to your chest with a stethoscope • Nasal / throat swab • Looking in your ears 	<ul style="list-style-type: none"> • Physical examination • Listening to your chest with a stethoscope • Chest x-ray • Sending a sample of coughed up mucus for testing • Breathing tests
Treatment	<p>After your doctor sees and examines you, they will be able to figure out what is causing your illness:</p> <ul style="list-style-type: none"> • If caused by a virus (most common cause of URIs): usually requires no prescribed treatment, just rest and checking in on you regularly. If you're not better after a week you should have a yarn with your doctor • If caused by bacteria: antibiotics will be given to you after seeing your GP • If caused by a fungus: anti-fungal medicine will be given to you after seeing your GP <p>Sometimes you might need a puffer to help make breathing easier until you are better, your GP can prescribe one if you need it.</p>	



Not all chest infections need antibiotics some can be caused by a virus. Have a yarn with you GP or health clinic to find out if they are needed.