



ST ALOYSIUS

(DEEMED TO BE) UNIVERSITY
MANGALURU 575003-INDIA

MICROBE MINUTIAE

UPPER RESPIRATORY TRACT

INFECTIONS

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INFECTIONS

(URTIS)

UNWELCOME VISITORS THAT DISRUPT THE RESPIRATORY SYSTEM ARE OFTEN ASSOCIATED WITH ELUSIVE VIRUSES OR BACTERIA.

CAUSES

VIRUSES : INFLUENZA, COMMON COLD, AND MORE.

BACTERIA: THESE TROUBLEMAKERS CAN STIR UP URTIS LIKE STREP THROAT.

OTHERS: ALLERGIES, IRRITANTS (CUE THE SMOKE AND DUST CLOUDS).

SYMPTOMS

A LEAKY NOSE, A PESKY COUGH, SNEEZING, A TOUCH OF FEVER, AND A HEADACHE !

STAY SHARP

WASH THOSE HANDS LIKE A HAND-WASHING CHAMPION. AVOID THE SNEEZE SQUAD. MASTER THE ART OF POWER NAPPING. SNACK ON THE GOOD STUFF. BUST A MOVE WITH SOME FUNKY EXERCISE ROUTINES

TREATMENT

GIVE YOURSELF A BREAK, SLURP UP SOME FLUIDS, POP SOME OVER-THE-COUNTER PAINKILLERS, SHOWER YOUR NOSE WITH SALINE SPRAY, AND LET THE HUMIDIFIER WORK ITS MAGIC!

