

Today you have been assessed by one of the nurses and your symptoms are consistent with a respiratory infection.

Most respiratory infections are caused by viruses. These range from the common cold to the flu.

Symptoms

Viral infections typically cause the following symptoms:

- Blocked/runny nose/sneezing, sometimes with mucky coloured discharge
- A scratchy or sore throat
- A cough which can be dry or productive of white, yellow or green phlegm
- Fevers and head or body aches
- Fatigue

Children can also have:

- Clear, yellow or green coloured discharge from the nose
- Irritability
- Difficulty sleeping
- Decreased appetite

Course of Illness:

Most colds last for 3-7 days, with most starting to improve around day 4, although many people have residual symptoms such as coughing, nasal or chest congestion for up to 2 weeks. Viral infections such as the flu can last up to 1-2 weeks.

For More Information: Visit
<https://www.healthnavigator.org.nz/>

Contact us on:

Phone: 09 972 9020
Email: info@fthealth.co.nz
Address: 2 Fred Thomas Drive, Takapuna
308 Lake Road, Hauraki



The Doctors

Fred Thomas & Hauraki Corner

Respiratory Infection

Patient Information



Treatment

There is no specific treatment for these infections. Most treatments are aimed at relieving some of the symptoms but do not shorten the duration of illness or treat the infection. Antibiotics are not useful for treating viral infections; they are only used to treat illnesses caused by bacteria. In most cases, these do not cause serious illness or complications.

Less commonly, viral infections can lead to a secondary bacterial infection such as ear or sinus infection or pneumonia.

- **Rest at home**
- **Drink plenty of water**
- **Blocked or runny nose?** You can try over the counter saline nasal sprays and throat lozenges
- **Sore throat? Cough?** Suck a teaspoon of honey (not safe for children under one year) or gargle salt water. Adults can also try an over the counter throat spray or medicated lozenges
- **Fevers or aches and pains?** Simple pain relief such as paracetamol or ibuprofen may help (check doses carefully and ask your nurse or pharmacist if safe for you)- see below for safe Panadol dose per weight

Panadol Strength	8kg	10kg	15kg	20kg	30kg	40kg
120mg per 5 mL (pink)	5mL	6mL	9mL	12mL	18mL	25mL
250mg/ 5mL (orange)	2.5mL	3mL	4.5mL	6mL	9mL	12mL

Wait **at least 4 hours** between doses and do not give more than **4 times** in **24 hours**.

When to Seek Help

Phone our nursing team on 09 972 9020:

Children

If a child's symptoms worsen through the course of the illness or he/she develops any of the following, the parent should seek further medical attention:

- Drinking less than 50% of normal fluids over the past 24 hours or significantly reduced urine output e.g. wet nappies
- Behaviour changes, including irritability or lethargy (difficulty keeping awake)
- Difficulty breathing, working harder to breathe by sucking in, under, or in between ribs, or breathing fast
- Fever that lasts more than three days or new onset of fever
- Child complains of a stiff neck or neck pain
- Skin rash develops
- An earache that gets more painful
- You are concerned or not sure what to do

Adults

If your symptoms worsen or you develop any of the following, you should seek further medical attention

- You feel short of breath or have trouble breathing
- You have pain or pressure in your chest or stomach
- You have signs of being dehydrated, such as dizziness when standing or not passing urine
- You feel confused
- You cannot stop vomiting or you cannot drink enough fluids
- A cough that worsens beyond day four or five of illness and and/or is accompanied by new fever