

# Know the Facts about Upper Respiratory Infection

## What is an upper respiratory infection?

- an infection that affects the nasal passages and throat
- For an upper respiratory infection (URI) to occur, a virus enters the body, usually through the mouth or nose

## What are the Symptoms?

- Fever
- Cough
- Body aches
- Congestion
- Sneezing
- Runny nose

## Seek medical care to help relieve symptoms



John E. Mc Cormac  
Mayor

## **STOP** the spread of germs by taking the following actions:

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose and mouth.
- Cover your mouth when you cough or sneeze

**Studies have shown that handwashing can prevent respiratory infection**

## You should wash hands:

- Before, during, and after preparing food
- Before eating food
- Before and after caring for someone who is sick
- Before and after treating a cut or wound
- After using the bathroom or cleaning up after a child
- After blowing your nose, coughing or sneezing
- After touching an animal
- After touching garbage
- If your hands are visibly dirty or greasy



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