Upper Respiratory Infection (URI), Adult

An upper respiratory infection (URI) is also known as the common cold. It is often caused by a virus. Colds are easily spread (*contagious*). You can pass it to others by touch or by drinking out of the same glass. You may have:

- A runny nose.
- Sneezing.
- Coughing.
- A stuffy nose (*nasal congestion*).
- A sinus infection.
- A sore throat.
- A scratchy voice (*hoarseness*).

You can also have:

- Tiredness (*fatigue*).
- Muscle aches.
- A headache.
- A mild fever.

Usually, you get well in a week or two. Your doctor will know if you have a URI by talking to you and examining you.

HOME CARE

- Inhale heated mist or steam (vaporizer or shower).
- Sip chicken soup.
- Get plenty of rest.
- Use lozenges for throat comfort.
- Rinse your mouth (*gargle*) with warm water or salt water (1/4 teaspoon salt in 8 ounces of water).
- Only take medicine as told by your doctor.
- Drink enough water and fluids to keep your pee (*urine*) clear or pale yellow.
- Rest as needed.
- Return to work when your temperature has returned to normal or as told by your doctor. Use a face mask and wash your hands to stop your cold from spreading.

GET HELP IF:

- You have a temperature by mouth above 102° F (38.9° C).
- After the first few days, you feel you are getting worse, not better.
- You have questions about your medicine.

GET HELP RIGHT AWAY IF:

- You have a temperature by mouth above 102° F (38.9° C), not controlled by medicine.
- You have a bad or lasting headache, ear pain, sinus pain, or chest pain.
- You have trouble breathing or get short of breath.
- You have a lasting cough, cough up blood, or have a change in your usual mucus.
- You have sore muscles, a stiff neck, or a very bad headache, not controlled with medicine.

MAKE SURE YOU:

- Understand these instructions.
- Will watch your condition.
- Will get help right away if you are not doing well or get worse.

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