

What is a Respiratory Infection?

A **respiratory infection** refers to an infection of the respiratory tract, which includes the sinuses, throat, airways, and lungs. These infections can be categorized into two main types:

1. Upper Respiratory Tract Infections (URTIs):

- Affects the nose, sinuses, throat, and upper airways.
- Common examples: Common cold, sinusitis, pharyngitis, laryngitis.

2. Lower Respiratory Tract Infections (LRTIs):

- Affects the airways and lungs.
- Common examples: Bronchitis, pneumonia, tuberculosis.

Causes:

- Viruses (e.g., rhinovirus, influenza, RSV, COVID-19)
- Bacteria (e.g., Streptococcus pneumoniae)
- Fungi (less common, but can affect immunocompromised individuals)
- Allergens or irritants (in some non-infectious respiratory conditions)

Symptoms:

- **Upper respiratory infections:** Sneezing, runny or stuffy nose, sore throat, cough, mild fever.
- **Lower respiratory infections:** Persistent cough, shortness of breath, chest pain, wheezing, high fever.

Give us a call if you have these symptoms or think you may have a respiratory infection.



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