



UPPER RESPIRATORY ILLNESS (URI)



What is a URI?

Contagious sickness caused by viruses or bacteria, infecting the respiratory system: nose, throat, lungs, airways.

Signs and symptoms:

- Cold/Flu symptoms
- Sore throat
- Cough (dry or with mucous)
- Sinus Congestion
- Runny nose
- Headache
- Fever

How is it spread/caused?

- **Respiratory droplets** - Please wear a mask
- **Contact with fluids** from nasal discharge - Please wash your hands frequently

Call UHS if you experience:

- fever >100 F
- chest pain
- difficulty breathing
- loss of taste and smell not related to congestion

How to manage symptoms:

- **Headache:** Acetaminophen (Tylenol), Ibuprofen (Advil/Motrin)
- **Sore Throat:** cough drops, throat numbing spray
- **Nasal Congestion/Sinus Pressure:** Sudafed (pseudoephedrine), Flonase Nasal Spray
- **Runny Nose/Watery Eyes/Allergies:** Zyrtec, Claritin, Allegra
- **Dry Cough:** dextromethorphan (Delsym, Robitussin), cough drops
- **Mucus Cough:** guaifenesin (Mucinex)
- **Combination Dry/Mucus cough:** Mucinex DM, Robitussin DM

Check out the latest updates and more details from **the Mayo Clinic**



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