


COMMON ILLNESSES		
Condition	Symptoms	Diagnosis and Duration
<p>COLD A minor infection of the upper respiratory tract.</p>	<ul style="list-style-type: none"> • Sore throat • Stuffy nose • Cough • Low grade fever 	<ul style="list-style-type: none"> • Slow onset of symptoms • Fever is usually under 100 degrees • Usually clears up in about a week • See your doctor if symptom persist 7-10 days
<p>INFLUENZA (FLU) A viral infection of the throat and lungs</p>	<ul style="list-style-type: none"> • Fever • Severe body aches • Headache • Fatigue • Severe cough • Sore throat • May have vomiting and diarrhea 	<ul style="list-style-type: none"> • Quick onset of symptoms • Usually lasts 3-5 days • Fever is usually higher than 101 degrees • Peak season is November to March • May require medical attention if other illness or if symptoms persist more than 5 days
<p>ACUTE BRONCHITIS Inflammation of the airways of the lungs, or bronchi, usually caused by a virus or bacteria.</p>	<ul style="list-style-type: none"> • Slight fever (below 101 degrees) • Dry, painful cough • Loose cough after a few days • Possible wheezing 	<ul style="list-style-type: none"> • Persistent cough that isn't due to allergies or asthma • Symptoms may last several weeks • See a doctor to determine if infection caused by bacteria and requires antibiotics • See a doctor if you develop wheezing
<p>PNEUMONIA An infection in the lower respiratory tract, usually in the small airways of the lungs. It can be caused by a virus, bacteria, or a mycoplasma (a small germ that causes walking pneumonia)</p>	<ul style="list-style-type: none"> • High fever • Chills • Chest pain when you breathe • Productive, hacking cough • Fatigue and weakness 	<ul style="list-style-type: none"> • Often follows the flu • Symptoms similar to those of acute bronchitis • Requires medical attention; may require hospitalization • Most bacterial-pneumonia cases clear up within two weeks
<p>SINUSITIS An infection of the sinus cavities in the skull that can be bacterial or viral</p>	<ul style="list-style-type: none"> • Colored, thick nasal secretion for at least five days • Pain around the eyes or above the teeth • Feeling of pressure in the face or forehead • Headache • Fatigue 	<ul style="list-style-type: none"> • Often described as "a cold that won't go away" • Symptoms may last for weeks if caused by bacteria and untreated. • If pain lingers for more than a week, see a doctor to determine if you have an infection that requires antibiotics.
<p>BACTERIAL PHARYNGITIS / TONSILITIS An infection of the throat or tonsils that may be caused by bacteria or virus, including mononucleosis</p>	<ul style="list-style-type: none"> • Red and painful sore throat • Swollen glands • May have white patches on the tonsils • May have headaches, fever, and fatigue 	<ul style="list-style-type: none"> • Usually no cough or congestion • May require antibiotics • Symptoms usually clear up in about a week • See a doctor if you have difficulty swallowing, fever of ≥ 101.5 degrees, or symptoms for > 4 days
<p>MONONUCLEOSIS A viral infection passed on by close contact with affected person. Most commonly seen in adolescents and / or young adults</p>	<ul style="list-style-type: none"> • Extreme painful sore throat • Swollen glands • Fatigue • May have abdominal pain and fever 	<ul style="list-style-type: none"> • See a doctor if symptoms get worse after 2-3 days • Requires medical attention • A prolonged illness that requires time for recovery
	<p>ATtribution: Excerpted from REAL SIMPLE'S Magazine December 2005- January 2006 Issue by special permission: 2005 Time inc. All rights reserved</p>	