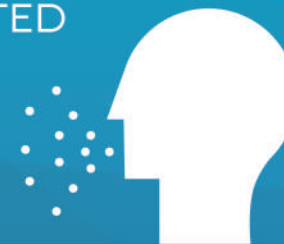


WHAT IS AN UPPER RESPIRATORY TRACT INFECTION (URTI)?

URTI IS AN INFECTION OF THE NOSE AND UPPER AIRWAYS WHICH CAN BE CAUSED BY EITHER VIRAL OR BACTERIAL INFECTION



URTI'S ARE SPREAD BY EITHER **DROPLETS OR BY HAND CONTACT** WITH CONTAMINATED SURFACES, WHICH ARE THEN TRANSFERRED TO **MOUTH, NOSE AND EYES.**



COMMON SYMPTOMS ARE:
SORE THROAT, BLOCKED OR RUNNY NOSE, COUGH, HEADACHE AND LOW ENERGY.

SEVERE CASES CAN CAUSE FEVER AND MUSCLE ACHES.



VIRUSES CAN SURVIVE OUTSIDE THE BODY FOR 2 DAYS INCREASING THE RISK OF INFECTION SPREAD.



SYMPTOM SPECIFIC TREATMENT

COMPLAINT	PRODUCT	SOURCE	WHEN AND WHY?
Fever	Paracetamol	Pharmacy or supermarket	Helps to bring down a high temperature. This can really help you feel more comfortable when unwell.
Sore throat	Corsodyl mouthwash	Pharmacy or supermarket	Gargle three times a day may help prevent a viral sore throat from becoming bacterial.
Sore throat	Diffiam spray	Pharmacy or supermarket	Spray to back of throat to help reduce discomfort
Cough	Honey and lemon hot drinks	Supermarket	There is some evidence that honey/lemon hot drinks can reduce the symptom of cough more effectively than cough syrups/linctus.
Cough or nasal congestion	Piriton (also called Chlorphenamine)	Pharmacy or supermarket	Take Piriton during an illness and it can help reduce nasal congestion and cough. Be aware that it can make you feel sleepy so can be taken in the day but best taken at night.
Nasal congestion	Otrivine adult metered dose 0.1% nasal spray	Pharmacy or supermarket	Use this if you are struggling with nasal congestion. It helps to clear the nasal passages. You should only use it for a few days and certainly not for longer than 7 days.

Use of this table does not replace the need to seek medical advice from your doctor.

This table provides general guidance only and athletes should discuss their needs with a pharmacist or doctor before taking any over the counter or prescription medications.

REDUCING THE RISK OF URTI

EXCELLENT
HYGIENE



EFFECTIVE
SLEEP



PLANNED
NUTRITION



MANAGE
STRESS



TRAVEL
PLANNING



MANAGE
TRAINING
LOAD



MONITOR
FOR SIGNS
OF RISK



AVOID ILL
PEOPLE



MANAGE
CHRONIC
ILLNESS



ILLNESS: SHOULD I TRAIN TODAY?

FEELING UNWELL?



YES
←

FEVERISH OR TEMPERATURE $>38^{\circ}\text{C}$?



YES
←

RESTING HEART RATE
 >10 BPM HIGHER THAN NORMAL?



YES
←

ARE THE SYMPTOMS
'BELOW THE NECK'?
E.G. CHESTY COUGH, 'HOT & COLD',
MUSCLES ACHES, VOMITING, DIARRHOEA

NO
→

DON'T TRAIN TODAY
(REST AND TRY AGAIN
TOMMOROW)

OK TO TRAIN

Start with 20 mins light warm up.
Stick to aerobic training.
Stop if feeling worse.
Consider reducing session volume.

N.B Please stay away from other
athletes and swim in separate
lane if coughing/sneezing frequently
to avoid spread.