

CATCH IT

Germs spread easily. Always carry tissues and use them to catch your cough or sneeze.



BIN IT

Germs can live for several hours on tissues. Dispose of your tissue as soon as possible.



KILL IT

Hands can transfer germs to every surface you touch. Clean your hands as soon as you can.



For further advice please contact the department that made your booking or the area you are visiting.

Other formats

If you require any of our leaflets in alternative formats, such as large print or alternative languages, please contact the Equality and Human Rights Department.

Tel: 0300 131 4434

Email: esh-tr.AccessibleInformation@nhs.net

After reading this information, please ask your doctor or nurse if you have any questions.

Reference

The following clinicians have been consulted and agreed this patient information:

Infection Prevention and Control Team
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Directorate group that has agreed this patient information leaflet: Infection Prevention and Control Team

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Respiratory tract infections

Respiratory tract infections (RTIs) are infections of parts of the body involved in breathing, such as the sinuses, throat, airways or lungs. Most RTIs get better without treatment, but sometimes you may need to see a GP.

Before attending the hospital, and to protect yourself and others, we ask that you check for any of the following symptoms.

Symptoms of an RTI include:

- Fever
- New and continuous cough
- Loss of smell
- Loss of taste
- Shortness of breath, tight chest or wheezing
- Fatigue
- Loss of appetite
- Muscle aches
- Sore throat, stuffy or runny nose
- Headache
- Diarrhoea, feeling sick or being sick

If you or any member of your household have any of these symptoms, it is important that you don't attend until you have spoken to the booking department or area you are visiting.

Please phone the ward you are visiting before you visit if you have symptoms or after you have visited if you develop symptoms.

Reporting your symptoms will help prevent the potential spread of RTIs to other people in the hospital. For some people this could be dangerous or even life-threatening.

Contact your GP or 111 if:

- You feel very unwell or your symptoms get worse.
- You cough up blood or blood-stained mucus.
- You have had a cough for more than three weeks.
- You're pregnant.
- You're over 65.
- You have a weakened immune system, for example, because you have a condition like diabetes or you are having chemotherapy
- You have a long-term health condition, such as a heart, lung or kidney condition.

How to avoid passing on an RTI:

- Cover your mouth when you cough or sneeze.
- Wear a face mask.
- Wash your hands regularly.
- Throw away used tissues immediately.
- Avoid visiting if you have symptoms.

Ask your GP about vaccinations that reduce your risk of RTIs.