

# Managing Respiratory Tract Infections

## CAN BE MANAGED VIRTUALLY OR IN PERSON

(Use Viral Prescription)

## SHOULD BE ASSESSED IN PERSON

(To assess the need for immediate or delayed antibiotics, whether or not antibiotics are prescribed\*)

### SUSPECTED OR CONFIRMED COVID-19

- Fever
- Respiratory symptoms
- No shortness of breath

- Shortness of breath or hypoxia (if monitoring available)
- Concerns of dehydration
- Suspicion of secondary bacterial infection
- Any red flags\*\*

### EAR PAIN (In children over 6 months of age)

- Symptoms <48 hours
- Fever <39°C
- Pain controlled with oral pain medication
- Otherwise feels well

- Symptoms >48 hours despite adequate pain medications
- Fever ≥39°C
- Feels unwell

### SORE THROAT

- Mild symptoms <48 hours
- Low suspicion for bacterial pharyngitis, e.g.:
  - Over 15 or less than 3 years of age
  - No fever
  - Presence of cough or runny nose

- Persistent or worsening symptoms >48 hours, OR
- High suspicion of bacterial pharyngitis, e.g.:
  - Severe pain
  - No cough or runny nose
  - Fever without alternate cause

### SINUS CONGESTION

- Mild symptoms <7 days
- No red flags\*\*\*

- Presence of red flags\*\*\*

### COPD EXACERBATION

- Patient able to do their activities of daily living
- Patient known to provider and reliable for virtual follow-up

- Patient is too short of breath to do their activities of daily living

### SUSPECTED PNEUMONIA

- Assess in person

- Assess in person

### INFLUENZA-LIKE ILLNESS, BRONCHITIS, COMMON COLD, ASTHMA

- High fever controllable with antipyretic
- Cough
- Congestion
- Body aches
- Mild GI symptoms

- Concerns of dehydration
- Suspicion of secondary bacterial infection
- Any red flags\*\*

\*See table on role of antibiotics

#### \*\*Red flags for patient with viral infection:

- For children, may include fast breathing or trouble breathing, bluish lips or face, ribs pulling in with each breath, chest pain, child refuses to walk, signs of dehydration, history of seizure, any fever in child <12 weeks of age.
- In adults, may include difficulty breathing or shortness of breath, acute chest pain or abdominal pain, dizziness, confusion, signs of dehydration.

#### \*\*\*Red flags for patient with sinusitis:

- Altered mental status, headache, systemic toxicity, swelling of the orbit, change in visual acuity, neurologic deficits.