

ACUTE BRONCHITIS

Bronchitis is an infection of the airways in the lungs, most commonly caused by a virus. COVID-19 may need consideration in people with these symptoms below:



What does it feel like?

You will have a **cough** which may be associated with clear, yellow or green phlegm (pronounced 'flem'), **noisy breathing**, **blocked nose**, **sore throat**, **mild headache**, and **fever**.



What can I do to feel better?

Bronchitis usually gets better on its own. **Paracetamol** and **ibuprofen**, **warm drinks**, **honey**, **cough lozenges** and **inhaling steam** from the shower may help ease your symptoms. Avoid anything that irritates the airways, such as cigarette smoke.



Will antibiotics help?

Antibiotics are not usually needed. Taking antibiotics when you don't need them can lead to the bacteria becoming resistant to that antibiotic. When bacteria become resistant to an antibiotic, the antibiotic no longer works.



What can I do to stop it spreading?

Infections can spread to others when you cough, sneeze or blow your nose. **Cover your mouth with your elbow when you cough or sneeze**, **wash your hands regularly**, **dispose of tissues after use** and **stay away from crowded places while unwell**.



Do I need to see a doctor?

Not usually. The cough normally takes 2 to 3 weeks to go away. If your symptoms last longer or if you have **trouble breathing**, you are **feeling worse**, you have **other medical conditions such as chronic lung disease**, or you are concerned, see your doctor.

COVID-19 is caused by a virus, and it can cause cough, runny nose, and sore throat. People with these symptoms should be tested for COVID-19 and should isolate until test results are known. For information go to <https://www.dhhs.vic.gov.au/coronavirus>

Information sheets on other common infections can be found at <https://www.ncas-australia.org/community-information-sheets>.