

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.



If you require any further advice then please contact the department that made your booking, or area that you will be visiting.

We are committed to making our publications as accessible as possible. If you need this document in an alternative format, for example, large print, braille or a language other than English, please contact the Communications Office by emailing uhsussex.communications@nhs.net or by speaking to a member of the Infection Control Department.

www.uhsussex.nhs.uk

Infection Prevention

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The information in this leaflet is for guidance purposes only and is in no way intended to replace professional clinical advice by a qualified practitioner.

Respiratory Tract Infection Symptom Checker

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County Hospital
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Princess Royal Hospital
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Spitalfield Lane
Chichester
PO19 6SE
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Dear Patient/Visitor,

Respiratory tract infections (RTIs) are infections of parts of the body involved in breathing, such as the nose, 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. Please report them to the department that made your booking, or the area you will be visiting. Please do this before attending for any appointment or visit. You should also report if any member of the household has these 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.

Check if you have an RTI

Symptoms of an RTI include:

- Fever
- New and continuous cough
- Anosmia (loss of smell)
- Ageusia (loss of smell)
- Shortness of breath
- Fatigue
- Loss of appetite
- Myalgia (muscle ache)
- Sore throat
- Headache
- Nasal congestion (stuffy nose)
- Runny Nose
- Diarrhoea
- Nausea and vomiting
- New delirium or confusion (in the elderly)

If you or any member of the household have any of these symptoms then it could be Covid-19, influenza or a 'cold'.

It is important that you don't attend until you have spoken to the booking department or area you are visiting.

Contact your GP 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 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 conditions, such as heart, lung or kidney condition
- you may have pneumonia if your symptoms are severe

For more information visit: NHS Respiratory Tract Infections (RTIs) www.nhs.uk/conditions/respiratory-tract-infection