Respiratory Diseases

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ETHIOPIAN COMMUNITY IN SEATTLE

Common Cold

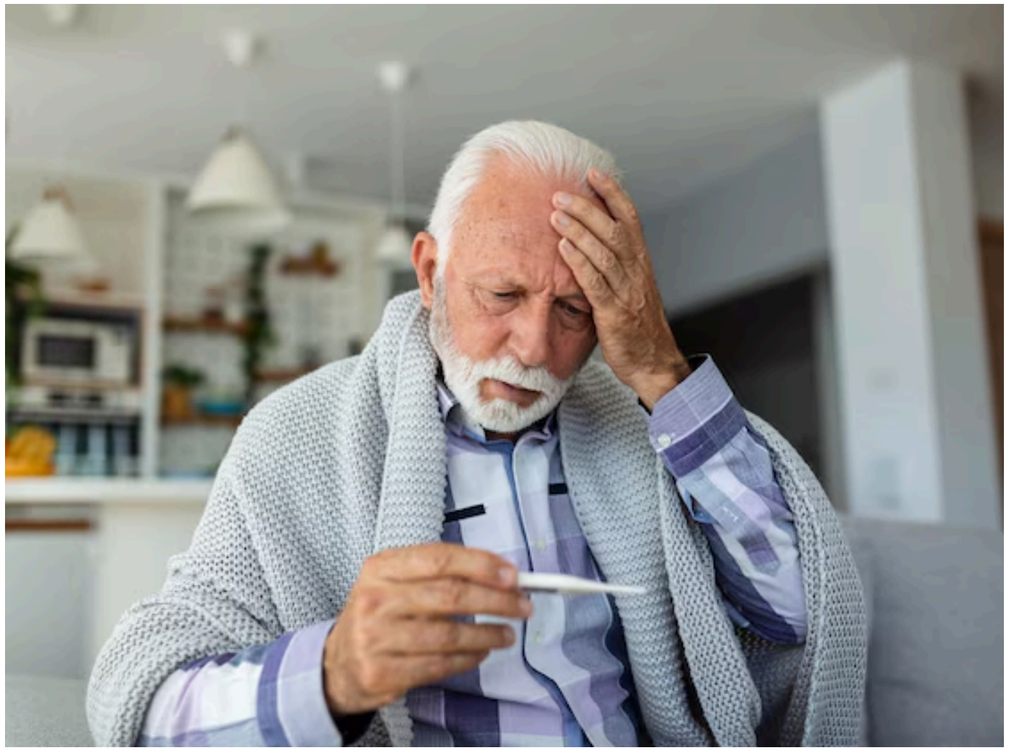
Symptoms of the Common Cold:

- **Cough**
- **Sore throat**
- **Runny or blocked nose**
- **Sneezing**
- **Watery eyes**

Influenza (Flu)

Influenza is more severe than the common cold. It can cause serious complications, especially in people with other health conditions.
Symptoms include:

- Cough
- Sore throat
- Runny or blocked nose
- Fever and/or chills
- Muscle and joint pain
- Headache
- Fatigue



Who is at Increased Risk of Flu Complications?

- Adults aged 65 and older
- Children under 2 years
- People with chronic lung diseases such as asthma or COPD
- People with chronic medical conditions
- Pregnant women (higher risk of complications)
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Prevention of Flu and Cold

- Wash your hands regularly
- Get vaccinated
- Avoid close contact with sick people
- Cover your mouth and nose when coughing or sneezing
- Clean frequently touched surfaces (tables, handles, etc.)
- Strengthen your immune system
- Practice good hygiene in crowded places
- Reduce stress
- Avoid touching your face
- Stay home when sick

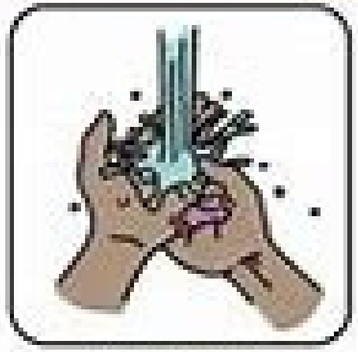
Cover Your Cough or Sneeze

Cover your mouth
and nose with a tissue
when you cough or sneeze.

Cough or sneeze into
your upper sleeve,
not your hands

Wear a mask in pu
if you are sick
(A mask can protect those ar
by preventing the spread o

Wash Your Hands Frequently

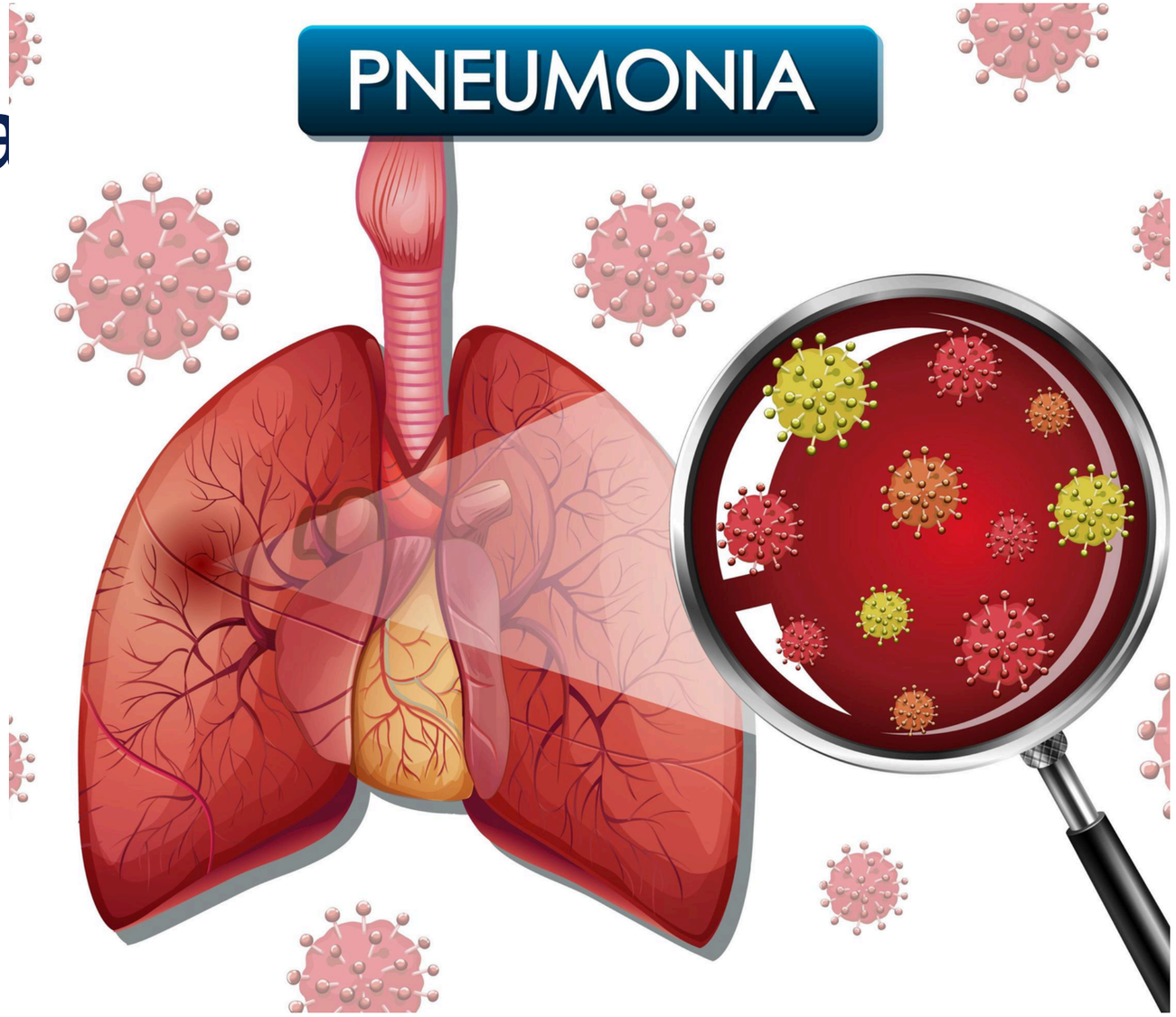


Wash with
soap and water

Clean with alcohol-based
hand sanitizer

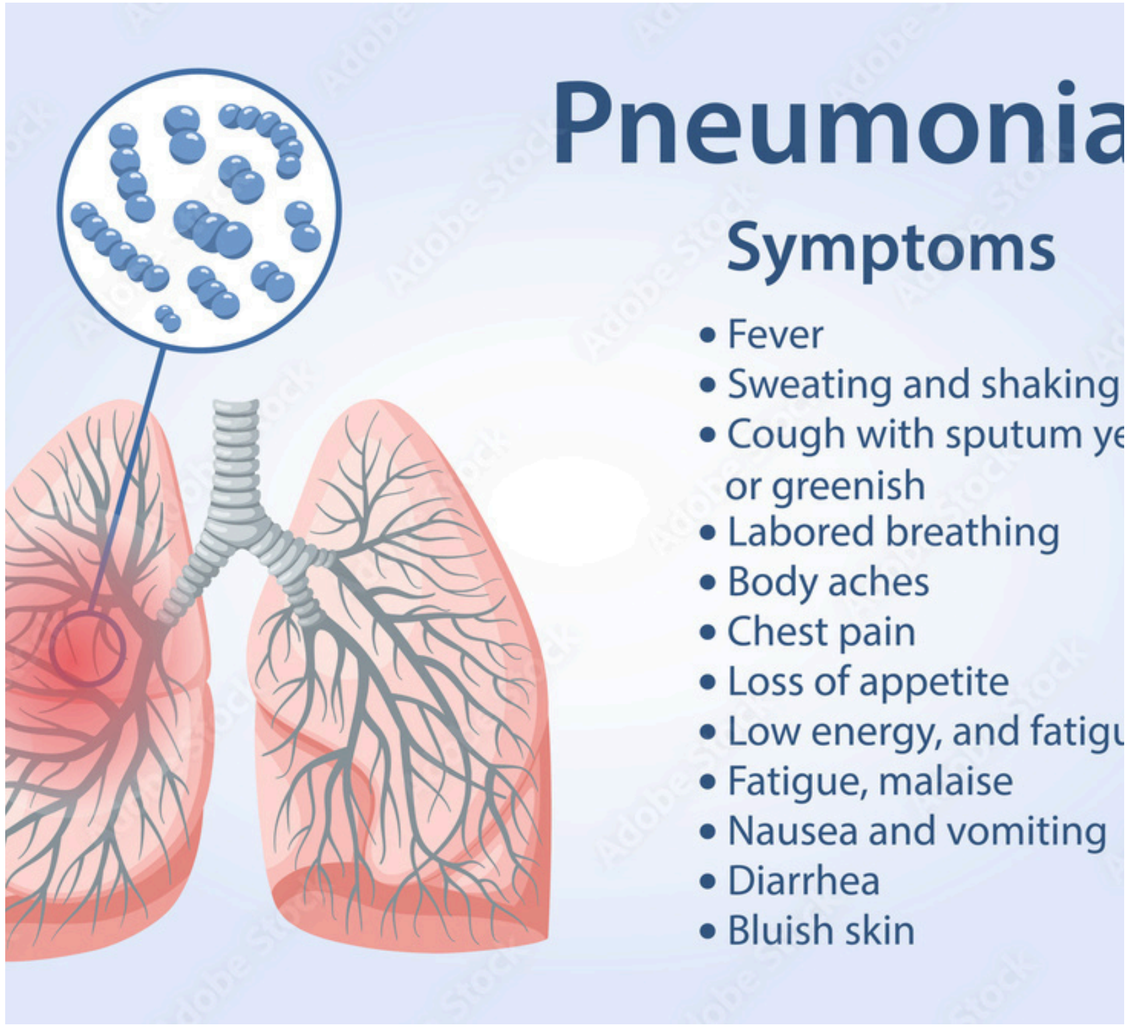
What is Pneumonia

- Pneumonia is an infection that causes the air sacs in the lungs (alveoli) to become inflamed and fill with pus or fluid, making it difficult to breathe.



Main Symptoms Pneumonia:

- Fever and chills
- Shortness of breath or rapid breathing
- Chest pain (worse when breathing or coughing)
- Fatigue and weakness
- Sweating and shaking
- Loss of appetite
- Headache
- Confusion (especially in older adults)



What is Nasal Allergy?

Nasal allergy is inflammation of the nose caused by allergens such as pollen, dust, mold, or animal dander.
How to Tell the Difference Between Allergy and Cold

- Allergies often cause itchy eyes, red eyes, and watery eyes
- Colds often cause muscle and joint pain
- Colds may cause fever
- Allergies are triggered by specific factors (seasonal changes, pets, etc.)

Common Allergy Triggers

- Pollen: from trees, grasses, and weeds
- Dust mites: found in bedding, carpets, and furniture
- Animal dander: from cats, dogs, etc.
- Mold: found in bathrooms, basements, and outdoors
- Cockroach droppings
- Tobacco smoke and strong odors

What is Asthma?

- Asthma is a chronic disease that causes inflammation and narrowing of the airways, making breathing difficult.
- Symptoms:
- Cough
- Wheezing
- Shortness of breath
- Chest tightness
- Irregular breathing

How Do I Know if I Have Asthma?

- Wheezing or difficulty breathing
- Shortness of breath
- Chest tightness
- Frequent coughing (varies over time)
- Irregular breathing patterns

Tuberculosis (TB)

- Warning Signs:
- Cough lasting more than 2–3 weeks
- Night sweats
- Weight loss
- Severe fatigue
- Coughing up blood

Blood tests are available to detect both latent and active TB infection

Lung Cancer Warning Signs

- Persistent cough
- Coughing up blood
- Chest pain
- Shortness of breath
- Hoarseness

  Weight loss or severe fatigue

Respiratory illnesses Prevention and Mitigation Measures

- Wash hands regularly
- Get recommended vaccines (flu, COVID-19, pneumonia)
- Cover mouth and nose when coughing or sneezing
- Stay home when sick
- Avoid smoke and strong odors
- Clean frequently touched surfaces
- Manage stress and get enough rest