INFECTION

Is it bacterial or viral? Here are four tips to help you determine when an illness could be viral or bacterial.

- **Location: A viral illness typically causes wide-spread symptoms. A bacteria usually causes site-specific symptoms, such as those involving the sinuses, throat, or chest.**

- **Phlegm color: A virus may produce clear or cloudy mucous, if any. A bacterial illness typically causes colored phlegm (green, yellow, bloody or brown-tinged).**

- **Duration of illness: Most viral illnesses last 2 to 10 days. A bacterial illness commonly will last longer than 10 days.**

- **Fever. A viral infection may or may not cause a fever. A bacterial illness notoriously causes a fever (normal body temperature is 98.6, a fever is considered greater than 100 degrees Fahrenheit).**

Perhaps it is fungal? Perhaps it is from Parasites? Look at information handouts regarding these other infections to give you an idea of what type of infection it could be.

Look deeper into the handouts to see how to help handle these infections.