

Viral respiratory tract infections

List of the viruses that cause respiratory tract infections:

- Rhinoviruses A, B and C
- Coronaviruses HKU1, NL63, 229E and OC43
- Influenza A, B and C
- Parainfluenza viruses 1, 2, 3 and 4
- Respiratory syncytial viruses A and B
- Human metapneumovirus
- Adenoviruses
- Enteroviruses
- Human bocavirus
- EBV, CMV, other herpesviruses

Clinical conditions:

Common cold (rhinosinusitis or coryza (الرشح))

The most common cause: Rhinoviruses

Symptoms/signs: coughing, sneezing, congested or runny nose, sore throat, headache, myalgia, low-grade fever, pressure in the ears

Treatment: supportive

Diagnosis: multiplex real time polymerase chain reaction (PCR)

Prevention: wash hands, sneezing coughing etiquette

Viral Pharyngitis (sore throat (التهاب الحلق))

The most common cause: Adenoviruses

Symptoms/signs: sore throat, inflamed tonsils, headache, fever, pinkeye (conjunctivitis) with adenovirus infection

In infectious mononucleosis pharyngitis: cervical lymphadenopathy تضخم الغدد الليمفاوية في العُنق

Treatment: supportive

Diagnosis: multiplex real time PCR

Prevention: wash hands, sneezing coughing etiquette

Viral Laryngitis (التهاب الحنجرة)

The most common cause: Parainfluenza viruses

Symptoms/signs: hoarseness of voice, sore throat, fever, barking cough

Treatment: supportive

Diagnosis: multiplex real time PCR

Prevention: wash hands, sneezing coughing etiquette

Croup (Laryngotracheobronchitis), inflammation of the larynx, trachea and large bronchi الخناق

The most common cause: Parainfluenza viruses

Symptoms/signs: hoarseness of voice, sore throat, fever, barking cough, difficulty in breathing, inspiratory stridor

Treatment: supportive

Diagnosis: multiplex real time PCR

Prevention: wash hands, sneezing coughing etiquette

Bronchiolitis in infants and young children

The most common cause: Respiratory syncytial viruses

Symptoms/signs: common cold symptoms, difficulty in breathing, tachypnea, wheezing, fever, respiratory distress

Treatment: supportive

Diagnosis: multiplex real time PCR

Prevention: wash your hands and your child's hands, isolation, monoclonal antibody

Viral pneumonia

The most common cause: Respiratory syncytial viruses in infants, influenza in adults

Symptoms/signs: fever, cough, shortness of breath

Treatment: supportive, antiviral for influenza

Diagnosis: multiplex real time PCR

Prevention: wash hands, Adenovirus vaccine in military recruits, influenza vaccine especially for health professionals

