

## Chest Infection Symptoms

**C**hest infection is quite common among both adults as well as small children. It is of two different types. One is related to upper respiratory tract infection where the nasal area, nose cavities, larynx and pharynx tend to be included. In the other one, the lower respiratory tract is attacked as well as the **lungs** get impacted. This is a more serious situation and also can be found in people suffering from pneumonia.



**Cough:** An inflammation in the air passing that is in between the nose and the lungs causes a lot of discomfort inside the throat which gives rise to a chesty **cough**. At first, it is a **dry cough** but as mucous gets accrued, thick mucus is expelled which is yellow or green in color. Repeated cough contracts the thoracic cavity so badly that traces of blood may come out with the phlegm. The cough bothers the patient for at least 7-10 days, otherwise weeks.

### Treatment

When the symptoms are mild, they may not necessarily require any medical treatment, they may subside independently. Reasonable in order to significant infections are usually diagnosed with the help of laboratory test like X-rays and mucus sample test. The signs often get worse with exposure to toxic irritants such as dust, smoke, chemicals, etc. Therefore, you should stay away from all of them. You should cover up your face while sneezing and coughing to prevent spread of infection.


- **Fever:** The body temperature often increases because of the infection.
- If it is an upper respiratory infection, then usually one gets a mild fever.
- However, the particular fever as a result of pneumonia, might rise above 101 degrees F.
- **Breathing Difficulty:** As the nose and rest of the respiratory tract gets blocked with thick mucus, breathing problem arises.
- Consequently, one starts taking superficial as well as fast breaths.
- It also produces wheezing seem during inhalation.

There has been a significant debate about the difference between expectorants and suppressants with the same treatment applied to expectorants and decongestants. Well, we may conclude that both work towards dealing with cough; however, their setting or method differs from the others. Expectorants are usually recommended with regard to day time, used to bring out the mucous by loosening it; on the other hand a depressant is approved to be consumed when it is bedtime time to control the power of cough, thus promoting sound sleep. The syrup has to be taken by mouth, however a doctor's prescription enclosed the medication is a primary requirement. Treating the personal without prescription may not be ideal to control the problem.

### Pain: Chest Infection Makes Your Body Weak Which is Susceptible to Pain

One may feel headache quite frequently. The joints, bones, muscles and nerves of the body becomes sensitive and pain is experienced in various parts of the body. Inside this problem, back and neck soreness mainly happen because of achy muscles.

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### Common Cold

Common cold also can lead to the formation of green mucus. The chilly earns dry cough, an inflamed throat and a runny nose that leads to the formation of green mucus.



CoughLungsPersistent CoughDry Cough

### Smoking

Cigarette smoke cigarettes includes large amounts of toxic matter as well as to ensure the cleanup of these toxins, the body creates huge amounts of thick mucus which usually often gets stuck in the airways providing a breeding ground for bacteria and other infections.


Combination of warm water and mustard, when put on the chest, provides huge relief from the bouts of cough.

- Plant known as savory is often recommended to remove the mucus accumulated in the lungs.
- Usually ingested with tea, the plant is actually used as soon as in a day.
- Thyme (herb) can also help to eliminate mucus and fight lung an infection.

### Symptoms

Usually, serious respiratory disease develops from common cold or perhaps additional respiratory diseases. So, the initial symptoms of bronchitis may include runny nasal, sore throat, buff aches, and also common tiredness. The actual onset of the disease is marked with dry cough. As the problem worsens, the cough may bring up mucous, which can be white or even yellowish-green in color. Occasionally, the sputum can be blood-tinged too. In case of serious respiratory disease, mild a fever and chills may also produce. High fever can be a symptom of bronchitis that is caused by influenza.

“ ***Victor Cooley***  
*Victor is a leading content curator at palyamotorozas.com, a site about health tips. Last year, Victor worked as a manager for a well-known high tech web site. When he's not reading new content, Victor enjoys singing and shopping.*



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