

Respiratory Diseases



Health Prevention and Education Unit
Prepared by Licensed Health Educators

Objectives



Identify at least three respiratory illnesses.

Describe at least one cause and one symptom of each illness.

Being informed about prevention measures.

What are respiratory diseases?

- Respiratory diseases affect part or all of the respiratory system.
- The respiratory system consists of the nose, pharynx, mouth, larynx, trachea, bronchi, and lungs.
- The causes of respiratory diseases are varied; they can develop due to infections, environmental pollution, tobacco smoke, inhaled chemicals or dust, or family history, among other factors.



Respiratory Diseases

Pulmonary
fibrosis

Mycoplasma

Bronchitis

Pneumonia

Asthma

Chronic
obstructive
pulmonary disease
(COPD)

Influenza

Respiratory
syncytial virus
(RSV)

COVID-19

Mycoplasma



- Mycoplasma infection is a respiratory illness caused by *Mycoplasma pneumoniae*.
- It is transmitted through droplets when coughing or sneezing.
- In children, mycoplasma often develops like a common cold, but it can progress to atypical pneumonia.

Some symptoms include:

1. **Nasal congestion: runny nose** (in young children)
2. **Fever**
3. **Vomiting and diarrhea:** (common in children under 5 years old)
4. **Cough:** dry and persistent
5. **Joint pain:** skin rashes

Mycoplasma

Diagnosis

- Medical evaluation
- Chest X-ray
- Nasal swab (to check for the presence of the virus)
- Blood tests

Treatment

- Drink plenty of fluids to help loosen secretions and clear phlegm.
- Rest.
- Take oral antibiotics at home.

Mycoplasma



- **Skin rashes**
- **Hemolytic anemia** – when there are not enough red blood cells in the blood because the blood destroys them.
- **Inflammation of the ear**, known as bullous myringitis.

COVID-19



It is a respiratory illness caused by a highly infectious virus.

It spreads easily through close contact. For example, when someone with the illness coughs, sneezes, or talks, they release droplets containing bacteria that disperse into the air.

Risk factors: pregnancy, obesity, physical inactivity, Down syndrome, diabetes, among others.

Symptoms: muscle pain, nausea and vomiting, chills, loss of smell, diarrhea, sore throat, fatigue, among others.

***These may appear within 2 to 14 days after exposure.**

COVID-19

Diagnosis

Physical evaluation by a healthcare provider, if necessary.
COVID-19 test using a nasal or throat swab to detect the SARS-CoV-2 virus.

Treatment

Complementary treatment is intended to relieve symptoms.
The type of medication used can vary depending on several factors, such as the severity of the illness, health risks, and the person's age, among others.

COVID-19



COVID-19 vaccines prepare your immune system to protect you against the virus.

Everyone 6 months and older should receive a COVID-19 vaccine between 2025 and 2026, including pregnant women and those planning to become pregnant.

You should receive a COVID-19 vaccine between 2025 and 2026 even if you have already had COVID-19 or have been vaccinated with previous versions of the vaccine.

COVID-19 vaccines help prevent infection with the virus, protect against illness, hospitalization, and death, and reduce the risk of people spreading the virus.

COVID-19

Respiratory failure

Damage to the heart
and blood vessels

Damage to the
kidneys, brain, skin,
eyes, and
gastrointestinal organs

Death



Influenza

It is a contagious respiratory illness caused by influenza viruses that infect the nose, throat, and lungs.



The flu is caused by viruses. They are transmitted through the air in droplets when someone coughs, sneezes, or talks. You can also meet the germs through a contaminated object.



This illness and its complications can be fatal. These complications include bronchitis, heart problems, and ear infections, among others.




Symptoms include fever, sore throat or muscle aches, chills, fatigue, persistent cough, and shortness of breath.

Influenza

Diagnosis

- Physical exam, symptoms, and influenza test.

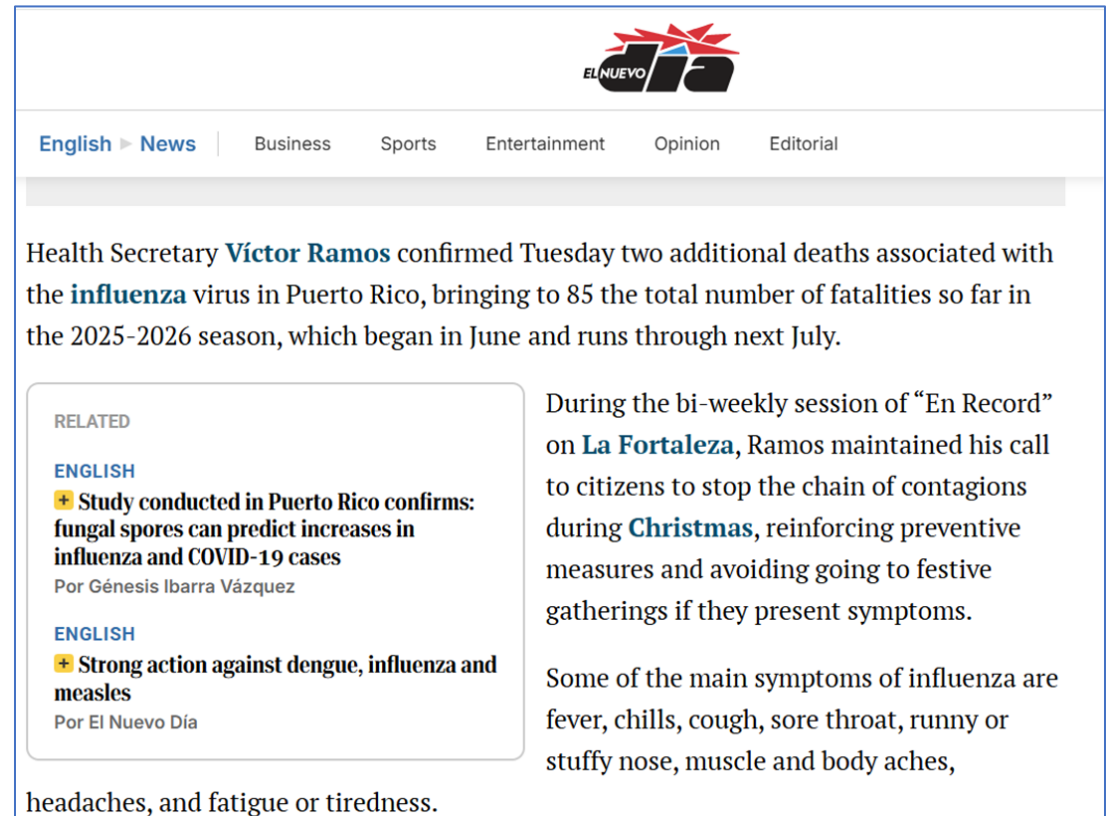
Treatment

- Rest, plenty of fluids, and antiviral medication.
- 

Influenza



The screenshot shows the top of a news article on the El Nuevo Día website. The logo is at the top center. Below it is a navigation bar with links for English, News, Business, Sports, Entertainment, Opinion, and Editorial. The main headline is "Health Department confirms two additional influenza deaths". Below the headline is a sub-headline: "Secretary Víctor Ramos stated that, for the time being, it is not appropriate to declare an epidemic". The date and time are "December 30, 2025 - 2:10 PM". There is a share button and a small icon. At the bottom left, it says "We are part of The Trust Project". Below the text is a photograph of a woman in a white shirt checking a child's temperature with a thermometer.



The screenshot continues the news article. The main text reads: "Health Secretary **Víctor Ramos** confirmed Tuesday two additional deaths associated with the **influenza** virus in Puerto Rico, bringing to 85 the total number of fatalities so far in the 2025-2026 season, which began in June and runs through next July."

Below the main text is a "RELATED" section with two items:

- ENGLISH**
+ Study conducted in Puerto Rico confirms: fungal spores can predict increases in influenza and COVID-19 cases
Por Génesis Ibarra Vázquez
- ENGLISH**
+ Strong action against dengue, influenza and measles
Por El Nuevo Día

To the right of the related articles is a text block: "During the bi-weekly session of “En Record” on **La Fortaleza**, Ramos maintained his call to citizens to stop the chain of contagions during **Christmas**, reinforcing preventive measures and avoiding going to festive gatherings if they present symptoms."

Below this text block is another text block: "Some of the main symptoms of influenza are fever, chills, cough, sore throat, runny or stuffy nose, muscle and body aches, headaches, and fatigue or tiredness."

Influenza



The flu vaccine is the best way to prevent influenza.

It is especially important for people at high risk of developing complications.

It is recommended for pregnant women, children 6 months to 5 years old, adults over 65, and others.

The immunity provided by the vaccine wanes, so annual vaccination is recommended for continued protection.

Prevention

Make sure you get the recommended vaccines.

Wash your hands with soap and water for at least 20 seconds or use hand sanitizer with at least 60% alcohol.

Cover your mouth and nose when you cough or sneeze, using the inside of your elbow or a disposable tissue.

Maintain a healthy lifestyle: exercise, eat a healthy diet, and get enough sleep.

Take precautions to prevent the spread.

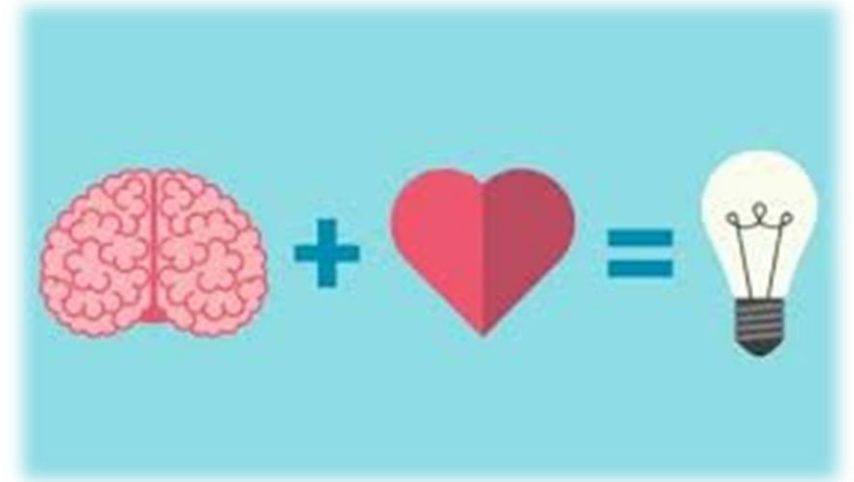
See your doctor promptly if you develop symptoms.

References

- <https://centromedicoabc.com/revista-digital/enfermedades-respiratorias-que-son-y-como-tratarlas/>
- <https://www.mayoclinic.org/es/diseases-conditions/flu/symptoms-causes/syc-20351719>
- <https://www.elnuevodia.com/english/news/story/health-department-confirms-two-additional-influenza-deaths/>
- <https://medlineplus.gov/spanish/ency/article/007770.htm>
- <https://www.mayoclinic.org/es/diseases-conditions/coronavirus/symptoms-causes/syc-20479963>
- <https://medlineplus.gov/spanish/ency/article/000082.htm>
- <https://www.cdc.gov/mycoplasma/es/causes/causas-y-como-se-propaga.html>
- <https://medlineplus.gov/spanish/ency/article/000080.htm>
- <https://www.cdc.gov/respiratory-viruses/es/about/acerca-de-las-enfermedades-respiratorias.html>

Social and Emotional Aspect

For recommendations, tools, and resources on how you and your family can cope with the emotional and physical concerns that arise during and after your medical treatment, please visit your primary care physician or contact the following phone lines.



Available Service Lines

Medical Counseling Line

24 hours a day / 7 days a week


1-844-347-7801

TTY/TDD: 1-844-347-7804

Customer Service

1-844-347-7800

TTY/TDD: 1-844-347-7805



Doubts



Questions





¿Ayuda con su Plan de Salud del Gobierno?



Línea libre de cargos
1-800-981-2737
TTY 787-474-3389