

NAME: _____ DATE: ____ / ____ / ____

DIAGNOSIS: Cold or flu Ear ache
 Cough Viral sore throat
 Other: _____



You have been diagnosed as having an illness caused by a virus.

Antibiotic treatment does not cure viral infections.

If given when not needed, antibiotics can be harmful. The treatments prescribed below will help you feel better while your body's own defenses are defeating the virus.

GENERAL INSTRUCTIONS

- Increase fluids
- Use cool mist vaporizer or saline nasal spray to relieve congestion.
- Soothe throat with ice chips or sore-throat spray; use lozenges for older children and adults.

OTHER TREATMENTS

- Fever or aches: _____
- Congestion: _____
- Cough: _____
- Ear ache: _____
- _____ : _____
- _____ : _____

Use medicines as directed by your doctor or the package instructions. Stop the medication when the symptoms get better.

FOLLOW UP

- If not improved in ____ days, if new symptoms occur or if you have other concerns, please call or return to the office for a recheck.
- May return to work/school/daycare when fever is gone or on _____.

SIGNED

