

NAME _____ DATE _____

DIAGNOSIS: Viral respiratory infection

☐ Other: _____



GENERAL INSTRUCTIONS

- ☐ Get plenty of rest.
- ☐ Drink more fluids.
- ☐ Take acetaminophen or ibuprofen for fever or aches.
- ☐ Do not give aspirin to people under age 19.
- ☐ Avoid smoking, second-hand smoke and alcohol.
- ☐ Soothe throat with ice chips or throat spray (throat drops for adults).
- ☐ Ease congestion with a vaporizer or nasal spray.

OTHER TREATMENTS

- ☐ Congestion: _____
- ☐ Cough: _____
- ☐ Ear ache: _____

Use medicines as directed by your doctor. Always read the instructions for over the counter medications.

FOLLOW UP – Call or return to the clinic:

- ☐ If not improved in _____ days.
- ☐ If new or changed symptoms occur.
- ☐ If temperature is greater than _____.
- ☐ If you have other concerns.
- ☐ May return to work/school/day care when fever is gone or on _____.

SIGNED



FAST FACTS ON ANTIBIOTICS

- ☐ **Antibiotics don't work for viruses** that cause colds, bronchitis and most sore throats.
- ☐ **Using antibiotics against a virus can be harmful.**
- ☐ **Overuse of antibiotics** creates bacteria that are resistant to antibiotics and difficult to treat.

IF YOUR DOCTOR GIVES YOU AN ANTIBIOTIC

- ☐ **Take your antibiotic exactly how your doctor says you should.**
- ☐ **Don't share your antibiotic with friends or family.**
- ☐ **Take every dose.** Don't keep your antibiotic for the next time you are sick.

ILLNESS	USUAL CAUSE		ANTIBIOTIC NEEDED?
	VIRUS	BACTERIA	
Bronchitis (coughing illness)	X		NO
Chest cold	X		NO
Cold	X		NO
Green/yellow runny nose	X		NO
Middle ear infection	X	X	Sometimes
Sinus infection	X	X	Sometimes
Sore throat	X	X	Sometimes

Save the antibiotic.

Don't use it when you don't need it.



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