

Name: _____

Date: ____ / ____ / ____

- Diagnosis:**
- Cold or flu
 - Middle ear fluid
 - Cough
 - Viral sore throat
 - Other: _____



You have been diagnosed with an illness caused by a virus.
Antibiotic treatment does not help 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 a cool mist vaporizer or saline nasal spray to relieve congestion.
- Soothe throat with ice chips or sore throat spray; older children and adults can use lozenges.

Specific medicines:

- Fever or aches:
- Ear pain:
- _____ : _____
- _____ : _____

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

Follow-up:

- If your illness does not improve in ____ days, or if you have new symptoms or other concerns, please call or return to the office for a recheck.
- _____
- _____

Signed: _____



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