



Discipline of Family Medicine

Name: _____ Date: _____

You have been diagnosed with a **viral infection**:

- Cold
- Cough
- Flu
- Ear Infection
- Sore throat

Viruses cause the majority of colds, coughs, sore throats, and other flu-like illnesses. **Antibiotics will not cure or help a viral infection.** It is best to avoid antibiotics if you have a viral infection as they may cause harm.

Suggestions for symptom relief:

Rest and drink plenty of fluids. Reduce or eliminate caffeinated coffee, tea or soda.

For a sore throat suck on lozenges or ice chips, or gargle salt water (1/2 Tsp table salt in 8 oz of warm water).

For a stuffy nose use a saline nasal spray or drops.

Medications for symptom relief:

Acetaminophen (specify dose & directions)

Ibuprofen (specify dose & directions)

Other (specify drug name, dose, & directions)

Please talk to your health care provider if you have:
No improvement in _____ days.
New or worsening symptoms.
A new or higher fever.

It is important to mention serious or chronic medical conditions such as diabetes, asthma, or heart disease to your health care provider. **To prevent spreading infections wash your hands frequently.**

Signature: _____



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