

Symptom Relief for Viral Illnesses



Name: _____

Date: _____

Diagnosis:

- ☐ Cold or Flu
- ☐ Middle ear fluid (Otitis Media with Effusion, OME)
- ☐ Cough
- ☐ Viral Sore Throat
- ☐ Bronchitis
- ☐ Other: _____

You have been diagnosed with an illness caused by a virus. Antibiotics do 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 fighting the virus.

General instructions:

- ☐ Drink extra water and fluids.
- ☐ Use cool mist vaporizer or saline nasal spray to relieve congestion.
- ☐ For sore throats in older children and adults, use ice chips, sore throat spray, or lozenges.
- ☐ Use honey to relieve cough. Do not give honey to an infant less than 1 year of age.

Specific medicines:

- ☐ Fever or aches: _____
- ☐ Ear pain: _____
- ☐ Sore throat and Congestion: _____

Use medicines according to the package instructions or as directed by your healthcare professional. Stop the medication when the symptoms get better.

Follow up:

- ☐ If not improved in ____ days/hours, if new symptoms occur, or if you have other concerns, please call or return to the office for a recheck.
- ☐ Phone: _____
- ☐ Other: _____

Signed: _____



U.S. Department of
Health and Human Services
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For more information visit
www.cdc.gov/getsmart

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