



Name: \_\_\_\_\_

Date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_



**Diagnosis:**

- Cold
- Cough
- Flu
- Middle ear fluid (Otitis Media with Effusion, OME)
- Viral sore throat
- 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 juice.
- Use a cool mist vaporizer or saline nasal spray to relieve congestion.
- For sore throats, use ice chips or sore throat spray; lozenges for older children and adults.

**Specific medicines:**

- Fever or aches:
- Ear pain:
- \_\_\_\_\_
- \_\_\_\_\_

Use medicines according to the package instructions or as directed by your healthcare provider. 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.
- Other: \_\_\_\_\_



Signed: \_\_\_\_\_

For More Information call 1-800-CDC-INFO or visit [www.cdc.gov/getsmart](http://www.cdc.gov/getsmart)