

**The symptoms your child presented with today suggest a viral infection:**

- Common cold (upper respiratory tract infection): Cough can last 3-4 weeks
- Bronchiolitis: Cough can last 3-4 weeks
- Sore throat (viral pharyngitis)
- Middle ear infection (otitis media)
- Sinus infection (acute sinusitis)
- Other viral respiratory infection: \_\_\_\_\_



**Your child does not need antibiotics because they do not work on viral infections.** Using antibiotics when not needed makes them less effective for potential future bacterial infections. They can cause side effects (like diarrhea, rash) and, in rare cases, allergic reactions, or kidney injury, or liver injury.

**How to help your child feel better and manage symptoms:**

- Ensure they drink plenty of fluids and get rest
  - *For infants, smaller feeds more often to meet the same total daily amount of feeds*
- Wash hands often and stay home to avoid spreading the infection
- **Do not give Aspirin or over-the-counter cough and cold medicines.**  
Talk to your health care provider or pharmacist about using the following treatments and the right amount to give:
  - Acetaminophen (e.g., Tylenol) for fever and aches
  - Ibuprofen (e.g., Advil, Motrin) for fever and aches
  - Nasal saline drops or spray (e.g., Salinex) for nasal congestion
  - Pasteurized honey for cough only if the child is **older than 12 months**
    - *One teaspoon at bedtime for up to 3 days*
  - Other: \_\_\_\_\_

**Please return to your provider or seek more immediate medical care if:**

- Your child has a persistent fever (above 38°C) for \_\_\_\_\_ days
- Your child's symptoms do not improve in \_\_\_\_\_ day(s) or worsen at any time
- Your child has trouble breathing, persistent vomiting, or not drinking
- Other: \_\_\_\_\_

**Prescriber:** \_\_\_\_\_



After your appointment,  
complete this short survey →

