

The symptoms you are presenting with today suggest a viral infection:

- ☐ Common cold (upper respiratory tract infection): Cough can last 3-4 weeks
- ☐ Acute bronchitis: Cough can last 3-4 weeks
- ☐ Sore throat (viral pharyngitis)
- ☐ Sinus infection (acute sinusitis)
- ☐ Other viral respiratory infection: _____



You do 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 you feel better and manage symptoms:

When you have a viral infection, it is very important to get plenty of rest and give your body time to fight off the virus.

- Rest as much as possible
- Drink plenty of fluids
- Wash your hands frequently and try to stay home to avoid spreading the infection
- Take over-the-counter medication, as advised:

- ☐ Acetaminophen (e.g., Tylenol) for fever and aches
- ☐ Ibuprofen (e.g., Advil, Motrin) for fever and aches
- ☐ Naproxen (e.g., Aleve) for fever and aches
- ☐ Lozenge (cough candy) for sore throat
- ☐ Nasal saline (e.g., Salinex) for nasal congestion
- ☐ Other: _____

(E.g., Nasal decongestant if Salinex does not work, for short-term use only!)

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

- Symptoms do not improve in ____ day(s), or worsen at any time
- You develop persistent fever (above 38°C or ____ as directed)
- Other: _____

Prescriber: _____

