

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

- Upper respiratory tract infection (common cold): Cough can last 3-4 weeks
- Bronchiolitis/bronchitis: Cough can last 3-4 weeks
- Viral pharyngitis (sore throat)
- Otitis media (middle ear infection)
- Acute sinusitis (sinus infection)
- Suspected/confirmed COVID-19
- Other viral respiratory infection

Antibiotics have not been prescribed because antibiotics do not treat viral infections.

Unnecessary antibiotic use can contribute to antibiotics not working in the future when needed to treat bacterial infections, can cause side effects (e.g., diarrhea, rash), and in rare events allergic reactions, kidney injury or liver injury.

To help your child feel better as their body fights off the virus:

- »→ Ensure they drink plenty of fluids and get adequate rest
- »→ Wash their hands often and keep them home to avoid spreading the infection
- »→ **Do not give Aspirin or over-the-counter cough & cold medicines**
- »→ As needed, use the following over-the-counter medications to help symptoms
(talk to your primary care provider or pharmacist for appropriate dosages):

- 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 cannot hydrate properly (e.g., persistent vomiting or not drinking)
- »→ Other: _____

Prescriber: _____



See <https://www.rxfiles.ca/tools> for availability in other languages.

Visit <https://www.RxFiles.ca/ABX> for more information.