

Rx FOR VIRAL INFECTION

Name: _____ Date: _____

You have been diagnosed with a **Viral Infection**. Antibiotics **do not** cure viral infections. Antibiotics can be harmful if taken when not needed.

To help your symptoms:

Get lots of rest.

Drink plenty of water.

For a sore throat: ice chips, throat lozenges or spray, or gargle with salt water.

For a stuffy nose: saline nasal spray or drops.

For fever and pain relief:
Acetaminophen or ibuprofen

Other: _____

And remember to wash your hands often to avoid spreading infections.

Please talk to your healthcare provider if:

- There is no improvement in _____ days.
- A new or higher fever.
- Your condition is getting worse.
- Other: _____
- New symptoms appear.
- _____

Signed: _____

To learn more, visit www.choosingwiselycanada.org/antibiotics