



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