

Name: _____ Date: _____

You have been diagnosed with a **viral infection**.

Viruses cause colds, coughs, sore throats, and other flu-like illnesses. **Antibiotics will not cure or help a viral infection**. It is best to avoid antibiotics if you have a viral infection as they may cause harm.

Suggestions for symptom relief:

- ◇ Rest and drink plenty of fluids. Reduce or eliminate caffeinated coffee, tea or soda.
- ◇ For a sore throat, suck on lozenges or ice chips, or gargle salt water (1/2 tsp table salt in 8 oz. of warm water).
- ◇ For a stuffy nose use saline nasal spray or drops.
- ◇ For fever and pain relief, use over the counter acetaminophen or ibuprofen.

Please talk to your healthcare provider if you have:

- ◇ No improvement in _____ days.
- ◇ New or worsening symptoms.
- ◇ A new or higher fever.

It is important to mention serious or chronic medical conditions such as diabetes, asthma, or heart disease to your healthcare provider. **To prevent spreading infections wash your hands frequently.**

Signature: _____