



Patient Name: \_\_\_\_\_ Date: \_\_\_\_\_

**The symptoms you presented with today suggest a VIRAL infection.**

- Upper Respiratory Tract Infection (Common Cold): Lasts 7-14 days
- Flu: Lasts 7-14 days
- Acute Pharyngitis ("Sore Throat"): Lasts 3-7 days, up to ≤10 days
- Acute Bronchitis/"Chest Cold" (Cough): Lasts 7-21 days
- Acute Sinusitis ("Sinus Infection"): Lasts 7-14 days

**You have not been prescribed antibiotics because antibiotics are not effective in treating viral infections, can cause side effects (e.g. diarrhea, yeast infections) and may even cause serious harm.**

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.

**If you follow these instructions, you should feel better soon:**

- »→ Rest as much as possible
- »→ Drink plenty of fluids
- »→ Wash your hands frequently
- »→ Take over-the-counter medication, as advised:

- Acetaminophen (e.g. Tylenol®) for fever and aches
- Ibuprofen (e.g. Advil®) for fever and aches
- Naproxen (e.g. Aleve®) for fever and aches
- Lozenge (cough candy) for sore throat
- Nasal spray (e.g. Salinex® or Otrivin®) for nasal stuffiness
- Other: \_\_\_\_\_

**Please return to your doctor if:**

- »→ Symptoms do not improve in \_\_\_\_\_ day(s), or worsen at any time
- »→ You develop a high fever (above 38°C)
- »→ Other: \_\_\_\_\_

**Prescriber** \_\_\_\_\_

