



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  $\leq 10$  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.**

**Antibiotics can cause side effects (e.g. diarrhea, yeast infections) and may cause serious harms such as severe diarrhea, allergic reactions, kidney or liver injury.**

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 Saline (e.g. Salinex®) for nasal congestion
- Other : \_\_\_\_\_

(e.g. Nasal decongestant if Salinex® does not work, for short-term use only!)

**Please return to your provider if :**

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

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



This "Viral Prescription Pad" has been adapted from the RQHR Antimicrobial Stewardship Program [www.rqhealth.ca/antimicrobialstewardship](http://www.rqhealth.ca/antimicrobialstewardship), and is **available in other languages.**  
<http://www.rxfiles.ca/rxfiles/uploads/documents/ABX-Viral-Prescription-Pad-Languages.pdf>

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