



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 _____

