

DIAGNOSIS	Symptom duration
<input type="checkbox"/> Bronchitis (chest cold, cough)	7-21 days
<input type="checkbox"/> COVID-19 (SARS-CoV-2 infection)	7-28(+) days
<input type="checkbox"/> Influenza (flu)	7-14 days
<input type="checkbox"/> Otitis media (ear infection)	7-10 days
<input type="checkbox"/> Upper respiratory infection (common cold)	7-10 days
<input type="checkbox"/> Viral pharyngitis (sore throat)	3-10 days
<input type="checkbox"/> Viral sinusitis (sinus infection)	7-14 days

The symptoms you presented with today suggest a VIRAL infection.

You have not been prescribed antibiotics because **antibiotics are ineffective for viral infections**, cause side effects, and may cause serious harm.

Please return or call if symptoms do not improve in ____ day(s), you develop worsening fevers, shortness of breath, or other new or concerning symptoms: _____

SYMPTOM RELIEF MEDICATIONS	
Always use medications according to package instructions Stop the medication when symptoms get better Reference package insert for maximum dose by age	
<input type="checkbox"/> Acetaminophen, 325-650 mg every 4-6 hours as needed	fever and aches
<input type="checkbox"/> Ibuprofen, 400-800 mg every 4-6 hours as needed	fever and aches
<input type="checkbox"/> Naproxen, 250-500 mg every 12 hours as needed	fever and aches
<input type="checkbox"/> Lozenges - benzocaine, dyclonine or zinc acetate	sore throat
<input type="checkbox"/> Saltwater gargle -1 tbsp. salt /1 cup warm water	sore throat
<input type="checkbox"/> Honey - 2 tbsp. /1 cup tea or hot water every 4-6 hours as needed <i>(do not give honey to babies under 1 year)</i>	sore throat, cough
<input type="checkbox"/> Nasal / sinus saline irrigation (i.e., netti pot, squeeze bottle) 1-4 times daily as needed <i>(do not use irrigations in kids under 6)</i>	nasal congestion
<input type="checkbox"/> Cool mist humidifier or vaporizer	chest & nasal congestion
<input type="checkbox"/> Dextromethorphan, 20-30 mg every 6 hours as needed	cough
If none of above working, you do NOT have heart problems or high blood pressure, may consider:	
<input type="checkbox"/> Phenylephrine or pseudoephedrine, limit 2-3 days	cough & congestion

Limit the spread of infection to others:

- Wash your hands frequently
- Cover your cough/sneeze
- Wear a mask when near others