



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": Lasts 7-17 days
- Acute Sinusitis ("Sinus Infection"): Lasts 7-14 days



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.

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.

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
- Lozenges for sore throat
- Nasal spray (contact your provider for recommendations) for nasal stuffiness.

{NOTE: observe label directions; some products are problematic if overused!}

Other: _____

Please contact your provider if:

- * Symptoms do not improve in ___ day(s), or worsen at any time
- * Other: _____

Prescriber: _____

