



Prescription Pad for Viral Infections

Name: _____ Date: ____/____/____

- Diagnosis: Cold or Flu Middle ear fluid (Otitis Media with Effusion,OME)
- Cough Viral sore throat
- Other: _____

You have been diagnosed as having an illness caused by a virus. **Antibiotic treatment does not cure viral infections.** If given when not needed, antibiotics can be harmful. The treatments prescribed below will help you feel better while your body's own defenses are defeating the virus.

General instructions:

- Increase fluids.
- Use cool mist vaporizer or saline nasal spray to relieve congestion.
- Soothe throat with ice chips, or sore throat spray; lozenges for older children and adults.

Specific medicines:

- Fever or aches: _____
- Congestion: _____
- Cough: _____
- Ear pain: _____
- _____ : _____
- _____ : _____

Use medicines as directed by your doctor or the package instructions. Stop the medication when the symptoms get better.

Follow up:

- If not improved in ____ days, if new symptoms occur, or if you have other concerns, please call or return to the office for a recheck.
- Other: _____

Signed: _____

